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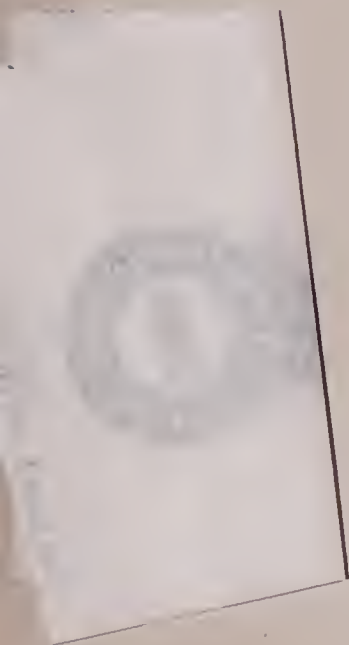
MAGNETIC HEALING.

THE ONLY PRACTICAL COURSE IN  
MAGNETIC HEALING EVER PUBLISHED.

W. J. L. KIMBLEY PUBLISHING CO. N. C.

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**The JOHN J. and HANNA M. McMANUS  
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Collection

Gift—Oct. 12, 1951



## INTRODUCTION.

Man's attainments are limited only by his belief in his own powers, for a man will not attempt what he really believes he cannot do.

As individuals our knowledge is exceedingly limited; we must weigh the opinions of others and pass judgment upon them, with care, with forethought and without prejudice, either accepting or rejecting them, retaining that which is gold and discarding that which is dross.

In the last few years there has been advanced a new thought, which is known as Magnetic Healing.

The principles of this science have been accepted and rejected by so many, the thoughtful man has come to realize that the greatest struggle the world has ever known in the realm of thought is now in progress.

These differences of opinion must occur, and it is well that they do, for the material result of differences is progress.

All new thought has had the same reception.

Agassiz, the great naturalist, said, "Every great scientific truth goes through three stages: first, people say it conflicts with the Bible; next, they say it has been discovered before; lastly, they say they have always believed it."

Magnetic Healing does not conflict with the Bible, and any true investigator can prove this by his own experiments.

It is the purpose of this course to show just how the science of Magnetic Healing is practiced, and the reader can judge for himself whether or not it conflicts with the Bible.

As to Magnetic Healing being discovered before, we make no claims to the discovery of its fundamental principles, as they have been practiced in one form or another for ages. What we do lay claim to is the method by which we apply these

principles and our particular ideas in treating the different diseases. The third proposition of Agassiz we believe is destined to become true in regard to Magnetic Healing, for thousands of people all over the world are singing the praises of this grand science and thousands more are rapidly being convinced of its wonderful power.

### LESSON I.

The power of the mind over the body has been a subject for investigation and discussion for many years. Man has long realized that he had certain inherent powers, which he has used until recently understood, and he has made comparatively little effort to understand these forces. The average man has little idea of the phases of the mind and seems to care less, but of late years, since Magnetic Healing has been attracting the attention of thinking people, the masses have taken more interest in this all-important subject. We are coming, from day to day, into a better realization of the wonderful power of the mind over the body, and as we do, we place ourselves in a position where advancement and the mastery of disease and circumstances is a possibility.

Every organ and its functions, every nerve and fiber, every secretion and excretion, and all the intricate parts and workings of the body are controlled by the mind. For example, the heart is controlled by the mind, otherwise it would not beat on from day to day as it does; the lungs would not work without the bidding of the mind, and if this influence were removed we would instantly die.

The following incident will illustrate to a certain extent the above:

Several years ago Mr. B-- , who was travelling through the country, stopped at a small town situated in one of the

The above shows the style of operating table and stool which trial has proven the best. Whenever the patient is able to sit unaided, the stool should be employed, if possible. The table is well padded, so that it is soft and yielding to the touch, the cover being leatherette. Any good carpenter will make a table of this kind for a small sum.

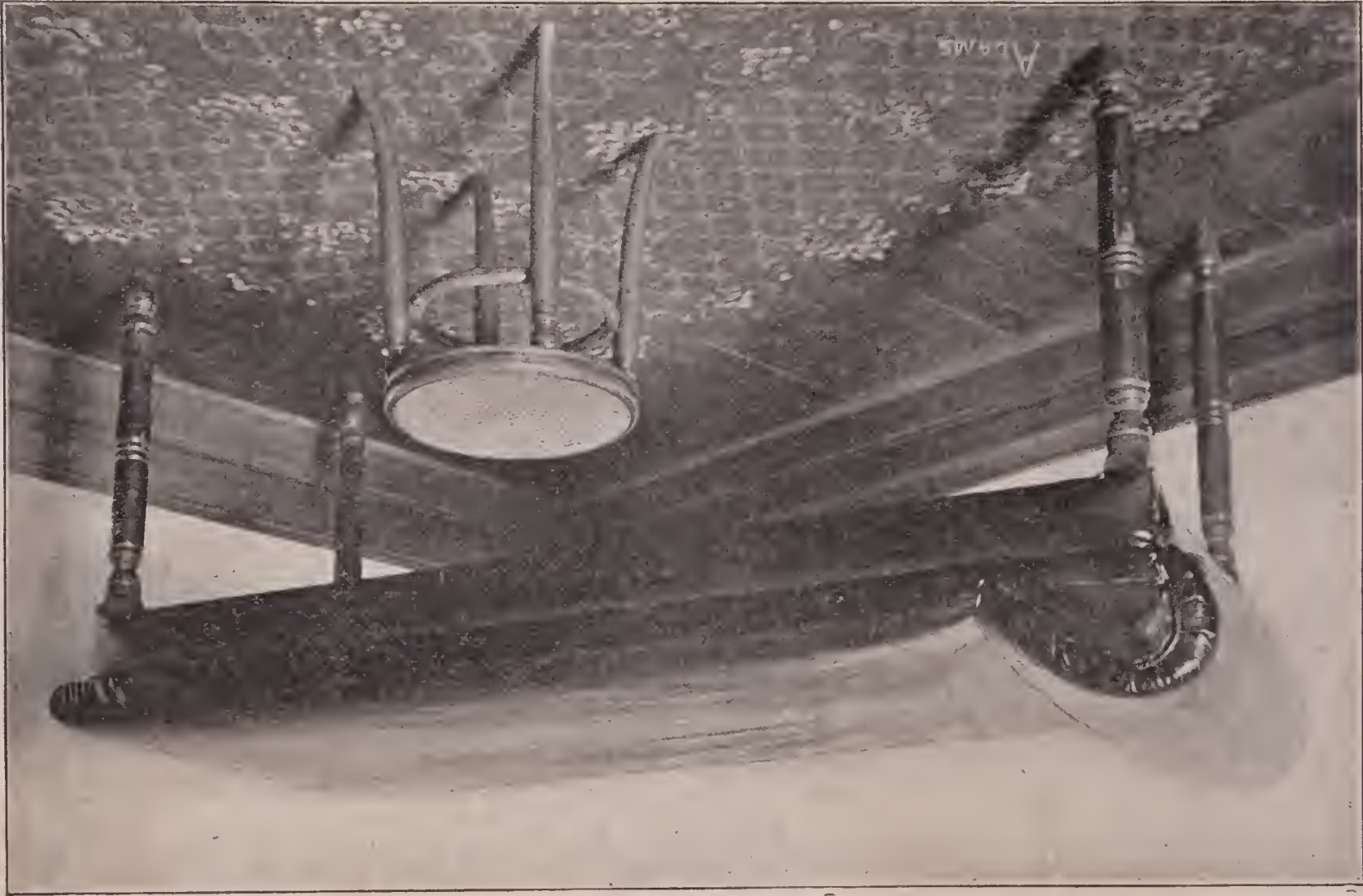


PLATE No. 1.





Southern States. The only hotel in the place was completely filled, and the only way he could obtain lodging was to share a room with a stranger. This he finally agreed to do. Upon getting to his room, Mr. B-- was informed by the stranger that he was affected with asthma, that sometimes he was taken very severely, and that he would die if he could not obtain fresh air, and he requested Mr. B-- that if such an attack occurred during the night he would immediately open a door or window in order to admit plenty of fresh air.

In the night Mr. B-- was awakened by the sounds of a man gasping for breath; as soon as he was thoroughly awake he realized what had happened, and sprang up to open the door in order that he might thus relieve the terrible sufferings of his bed-fellow. He dashed open a door and immediately the steam subsided. In the morning both occupants of the room discovered that in his haste to open a door Mr. B-- had made a mistake AND OPENED THE DOOR OF A WARDROBE.

It is demonstrated that "As a man thinketh, so is he." If a man thinks sickness for himself, disease is the result. If a man thinks health for himself, health is the result. Whatever a man thinks, that is what he is. If he will believe that there is good in him, that there is health in him, that there is wealth, prosperity and whatever else of good that he wishes to think for himself, he will eventually realize these things for himself.

The student may say, "But this is all imagination. The man attacked by asthma was relieved because his imagination was brought into play by the opening of the door." Exactly, but was the attack of asthma any less real? or was the result any less real than it would have been without his imagination playing any part? The average man does not seem to realize that the imagination is capable of producing REAL conditions, REAL disease and REAL cures.

The reader must remember that under no circumstances do we refer to the brain when we speak of the mind. The brain is simply a physical organ, the same as the heart or lungs. It is the organ through which the mind acts, but it is not the mind. We could just as well say the heart is the blood because it is the organ by which the heart is propelled, or that the lungs are the air because they are the organs through which the air acts upon the blood.

The mind is the real man, while the body is simply a physical expression of the mind. If the mind becomes abnormal in its action, the body will become abnormal, and disease is the result; but if the mind is in a healthy or normal condition, the body will remain so.

Care must be taken of the body in order to obtain and maintain health, but care must also be taken of the mind, and just here is where thousands of deluded sufferers are making grave mistakes. They are treating simply the body, and give no thought to the mind. The result is failure in a large percentage of such cases.

The mind is absolute master of the body, controlling it in every way; hence, in order to control the body, we must control the mind, and this is exactly what Magnetic Healing teaches.

The power of the mind over the body has been a subject for investigation and discussion for many years. Man has long realized that he has certain inherent powers which he himself does not understand, but he has made but comparatively little effort to understand these forces. The average man has no idea of the phases of the mind and seems to care little, but of late years, since Magnetic Healing has been attracting the attention of thinking people, the masses have taken more interest in this all-important subject.

All physical conditions are mental because they become



physical. No change or sensation can take place within the body without the action of the mind. The application of red-hot iron to the flesh seems to cause instant pain, but no pain is experienced until the nerves telegraph to the mind the sensation of pain and the mind telegraphs back the sensation to be experienced. This is taught in most elementary physiologies. The same is true of disease, and without the consent of the mind no disease can be manifested within the body.

This being the case, it is at once apparent the thing to be influenced in order to cause a change in the physical body is that which controls the body, which is the mind.

The mind of man is divided, or seems to be divided, in two different phases, which by scientists have been termed the Subjective and Objective phases, or the Subconscious and Conscious phases.

The Objective or Conscious phase is that with which man reasons. It is the phase with which man deals with his material surroundings and with which he sees, hears, feels, tastes and smells.

Hudson, in his "Law of Psychic Phenomena," says: "The objective mind takes cognizance of the objective or material world. Its media of observation are the five physical senses. It is the outgrowth of man's physical necessities, and is his guide in his struggles with his material environments. Its highest function is that of reasoning. It is the function of the physical brain, and is not controlled against reason, knowledge, or the evidence of the senses by the suggestion of another."

This phase of mind is that which is developed by education. By this we mean the education received in common schools, etc. The subconscious phase is also capable of develop-

ment by education, but by a different system than is practiced in the ordinary school.

The subconscious phase controls parts of the body, subject to the action of the subconscious phase. Those muscles which can be controlled by the conscious phase are commonly called voluntary muscles, while those which cannot thus be controlled are termed involuntary.

The muscles with which the arm are raised are called voluntary muscles, because by an action of the will they can be placed in action; but the muscles controlling the action of the heart are voluntary, because the conscious mind cannot control them.

The subconscious phase of the mind does not take cognizance of its surroundings by means of the five physical senses. It judges or perceives by intuition and is incapable of inductive reasoning. That is, it never proves the falsity of a proposition, because it cannot reason back from effect to cause. Because of this characteristic, hypnotism is possible. In the conscious phase of the mind is asleep, almost any idea can be impressed upon the subconscious phase, as it cannot prove the falsity of the suggestion. If a hypnotized person is told hot is cold, or that white is black, the subconscious phase of his mind accepts the suggestion as true, because it cannot prove the falsity of the proposition. This being the case, the subject believes white is black or that hot is cold, and, acting upon what he believes, he carries out the suggestion.

The subconscious phase controls absolutely the body.

Every nerve, every muscle and fiber, the circulation, every secretion and excretion, and every organ and its functions are controlled by it.

The subconscious phase never sleeps, and is active when the conscious or reasoning mind is asleep. If the conscious mind

controlled the action of the heart and the lungs, man would never dare to sleep; for as soon as his conscious mind slept, the heart would cease to beat, the lungs would stop their action, and death would ensue. The materialists called this reflex action, because they could find no explanation of it.

## LESSON II.

### SUGGESTION.

Suggestion is one of the most potent forces with which man is thrown in contact. It influences everyone, and at all times. Every man, no matter what his character may be, is constantly influenced by suggestion, or is influencing someone else by suggestion. It is an omnipresent, all-powerful force in the life of every human being.

Is it not desirable now, necessary—for every man who desires to be one of the successful few, to have a knowledge of the laws governing this wonderful force?

The man who understands these laws, and who uses this knowledge, can be what he chooses. He can protect himself from adverse suggestion of every kind; he can, by giving suggestions to himself and others, bring to himself whatever he desires, be that health, wealth, happiness, love, or deliverance from poverty, sorrow, or hate.

Suggestion is a two-edged sword, it cuts both ways. It needs a knowledge of it, as much to protect himself from its own suggestions as the suggestions of others.

The thoughts we think are nothing more than suggestions we are giving to ourselves or to others.

Thought always precedes action; in fact, action is nothing but thought in material form, and is the natural result of thought.

Many persons have an idea that a suggestion is a verbal



statement; this is by no means true, as we are constantly receiving suggestions from inanimate as well as animate things. A beautiful landscape, a picture, a storm or a sunset can give suggestions (cause thoughts to originate), as well as anything else; the look or a gesture of another may be suggestions.

A beautiful piece of music rendered by an artist can cause suggestions to arise in the mind of man that may change the whole course of his life.

A man is what he thinks, and so stated Solomon when he said, "As a man thinketh in his heart, so is he."

If by giving suggestions one man can cause a friend to think good and healthful thoughts, we will benefit his friend just to the extent that he causes him to think these thoughts. On the other hand, it is equally true that if the thoughts suggested are bad, the result will be bad.

There are millions of people all over the world who every day giving their fellows unfriendly suggestions--that is, giving suggestions of fear, hate, disease, etc.; and at the same time many of these people believe that they are leading exactly the kind of lives they should.

The man who is giving unfriendly suggestions is learning down when he should be building up; he is giving little doses of poison to those with whom he is thrown in contact; HE IS COMMITTING A SIN.

There are two phases or attitudes of mind that can be assumed, the Positive and the Negative or Passive. A man's mind must be either totally positive or totally passive. In realing, these two conditions of mind must be carefully considered.

To be positive is to be in a condition of imparting. The condition of the operator in treating must be positive, he

-2-

must be determined; he must believe that he has the power to bring about a cure, and must then strive to impress his patient with this fact.

To be passive is to be in a receptive condition; a condition of receiving instead of imparting. The terms positive and negative are sometimes called the objective and the subjective phases. To be objective is to be positive, and to be subjective is to be negative.

Christ said, "Ye must become as little children;" he said this because children are very subjective.

The reader has probably seen children playing together, and has noticed that they become greatly interested in their play, that they are absorbed with the one idea upon which they all agree.

The writer has known of children playing games in which one took the part of an animal—for example, a bear—and chased the children around the yard. The child taking the part of the bear would become intensely interested in the chase, would growl and assume as nearly as possible the actions of the animal it was imitating. The other children would run and scream, carrying out their part of the game by simulating fright.

After a time they would become so intensely interested, so absorbed in their play, that when the child playing the part of the bear would succeed in catching one of its playmates, the child caught would scream and would no longer simulate fear, but in fact would become badly frightened. There are well-authenticated cases of children who have been frightened into convulsions in playing such a game.

Why is this?

It is because the child, being subjective, becomes so impressed with the one idea, that it forgets the play is not

real. It is hypnotized; it does not reason, and for the time being the play is a reality.

Why is it that adults cannot indulge in such play and become interested? It is because the positive or objective side of their natures have been developed until they cannot come into a realization of the truth of the play; they reason, and reasoning destroys all subjectivity.

If a man could at will assume a subjective condition to receive the ideas or impressions of his subjective mind, and then when in a positive or objective condition carry out these impressions, all that he could desire would be his. He could plan almost perfectly, and then execute these plans, which would mean unlimited success.

In giving suggestions the will is brought into action.

Many imagine that they have weak wills, that they cannot give suggestions because their wills are weak.

There is no such thing as a weak or strong will except in a relative sense; it is simply the relying upon the will or the lack of such reliance that constitutes what is commonly known as a strong or a weak will.

The man who relies upon his will, and is willing to trust it, is said to have a strong will, while the man who is afraid to trust his will, who does not rely upon it, is said to be weak-willed.

Every one who intends to practice Magnetic Healing should rely upon his will. This faculty, so conspicuous by its absence in many, can be cultivated to any degree desired.

To accomplish this requires some time, but the method of procedure is simple in the extreme.

The person who desires to cultivate his will-power should begin by determining to refrain from certain acts or habits, exercising some care in avoiding the selection of too difficult resolutions at first.



This method is fully described in the chapter on Hypnotism. The position of the subject should be such that he will be perfectly comfortable.

### INDUCING SLEEP.

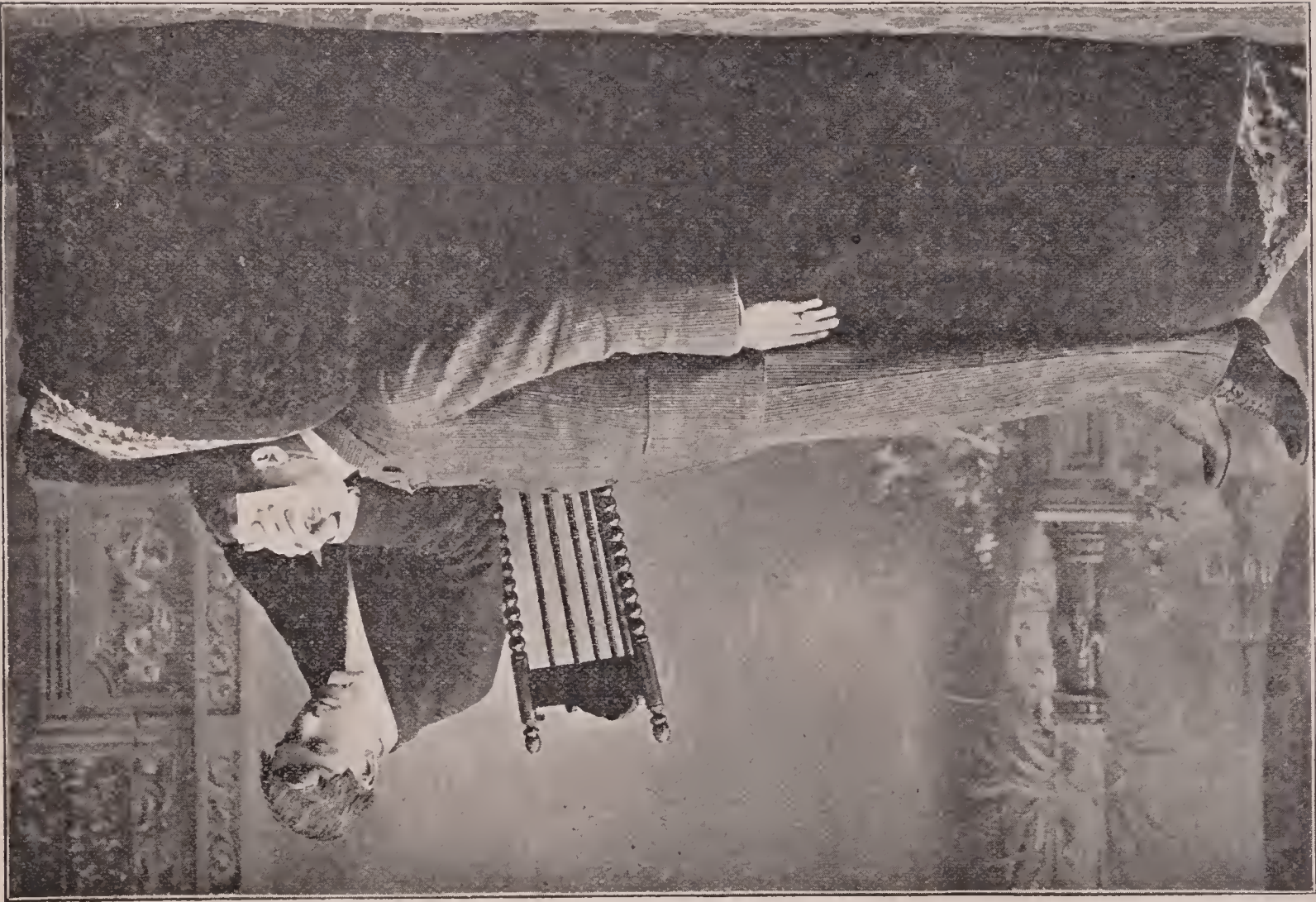


PLATE No. 2.





Once a resolution is made, all thought of it should be avoided as much as possible, as thought of a habit arouses desire, and the more thought given the stronger grows the desire, and less powerful becomes the resolution, until submission is the final result.

By following this plan and gradually forming determinations that are harder to hold, anyone can develop the will until it becomes indomitable.

The simplicity of this method may cause doubt to arise in the mind of the reader, but faithful trial will demonstrate the truth of these statements.

Will-power is essential to success in all the walks of life; without it, failure is the inevitable result.

Suggestion is divided, for the sake of reference, into seven classes: Auto-, Hetero-, Post-hypnotic, Curvate, Double, Direct and Pre-Suggestion.

The most powerful of all is the Auto-Suggestion; it is a suggestion given by the objective mind of one person to the subjective mind of the same person; in other words, it is a determination made by the objective mind to rule or govern the subjective mind. It begins and ends in the same body. Like all other determinations, to be effective, it must be left undisturbed; that is, it must not be doubted or referred to by the person making it.

This suggestion is the deadliest enemy to hypnotism, hypnosis cannot possibly be induced so long as the subject gives to his subjective mind the suggestion that he cannot or will not, be hypnotized. This must be true, for if such were not the case, a man could be hypnotized against his will; he could be absolutely controlled by other persons, and hypnotism would really be what the ignorant and prejudiced claim that it is. The strongest suggestion always prevails,



so that an Auto-Suggestion, so long as it remains, will annul any other that may be given.

An Hetero-Suggestion is one given by one person to another; it may be direct or indirect, verbal or mental.

A Post-hypnotic Suggestion is one to take effect after the subject has been aroused from a hypnotic sleep; for instance, the operator tells the subject that when he wakes up he will feel all right, will be wide awake, but that when he leaves the house he will forget to take his hat, and will not think of it until he is in the street.

The Post-hypnotic Suggestion is of great value as a therapeutic agent; it is this suggestion that enables the operator to arouse the hope of his patient, for by its use the expectation is kept alive, and unfriendly suggestion is counteracted. The operator is enabled by its use to cause certain results while the patient is away from him, which makes the treatment practically continuous; for instance, when a treatment is about ended, suggestions similar to the following should be given: "You will feel better an hour from now than you do at present, you will gradually improve through the day, you will have an appetite for your meals, and you will sleep well. You will not be affected by discouraging remarks given to you by those who are opposed to this method of treatment, you will feel hopeful and encouraged until the next treatment, so that we can begin the treatment just where this one has stopped." By giving him such suggestions the operator throws around his patient a protection that can be obtained in no other way.

Larvated Suggestion is hidden suggestion. Some organic changes take place as the result of their use, but suggestion plays the principal part.

A well-known physician of this State told me that many

times he is forced to give some harmless medicine to patients, who really need nothing, but insist on taking something.

This is nothing but Larvated Suggestion; it is not what the patient feels that cures him, but it is his belief that it will cure him that does the work, which proves again that "as a man thinketh, so is he."

Indirect Suggestion is one given from the Objective mind of one person to the subjective mind of another. If an operator hypnotizes a person and gives suggestions, these suggestions are indirect, for they are sent from the objective mind of the operator to the subjective mind of the patient; namely all suggestions are given in this manner.

Direct Suggestion is one that is sent from the subjective mind of one person to the subjective mind of another. This necessitates a subjective state on the part of the operator; by other words, the operator must be to a certain extent subjective, as regards the patient.

Auto-Suggestion is a form of Auto-Suggestion. It arises from the thoughts and surroundings of the patient, and may be caused either by assistance or worry to the healer. For example, if the patient has heard Magnetic Healing ridicule and maligne, the suggestions which he has received BEFORE coming to the healer (pre-suggestion) will have caused auto-suggestions that will be hard to overcome. On the other hand, if the patient has heard is favorable to Magnetic Healing, the healer will find his work easy.

In giving suggestions, the operator should hold in his mind the intention with which the suggestion is given..

For this we mean the operator must have a definite idea of what he wants to do and then concentrate his mind upon that one idea. Suggestions should be given in a quiet, firm tone. Many operators weaken their suggestions by speaking in a loud tone, by making hideous grimaces, etc., imagining that all



this strengthens their suggestions, whereas the very opposite is the case. The voice should express determination, and the tone should be commanding, but these may all be expressed without noise or facial contortions.

The force of a suggestion lies in the meaning conveyed to the subject; in making the agreement perfectly plain, and this result is attained most easily by your making a desire as possible the sensations you desire your subject to experience. If the suggestion is one of sleep, you should assume a feeling of sleepiness as much as possible; you will then find your voice will assume a sleepy tone that it is impossible to imitate, because it is perfectly natural—you are sleepy.

I have treated from fifteen to twenty patients a day by means of hypnosis, and I have found that the most potent suggestions are those which are given when I experience, to a certain extent, the sensation I desire to produce in my patient.

Suggestions for the cure of diseases should be given in a manner that will arouse the hope of the patient; that will arouse his expectation, and keep it aroused. If these are aroused he cannot say, "The time has come for me to feel better and I don't, so I will not feel any better at all."

If the suggestions are given in the following manner, the subject will, to a great extent, be avoided: "Now in a short time you will feel some better, and in an hour from now you will feel still better; you will continue to improve gradually all day; you will have a good appetite, you will enjoy your dinner, and to-night you will rest well and will wake in the morning feeling refreshed and invigorated." These suggestions are not to take effect at any particular time, but are to be gradually experienced by the patient.

The reader should study the subject of suggestion thor-



PLATE No. 3.



POSITION FOR INDUCING AN ILLUSION.



ougly, as it is the basic principle of the whole science. No one can hope to become a successful healer unless he understands thoroughly the subject of suggestion.

### LESSON III.

#### HYPNOTISM.

There are two conditions in which suggestion may be used: in the waking state and in the hypnotic state.

The hypnotic state is much to be preferred, because in this condition the suggestions are much more likely to be accepted.

During hypnosis the objective mind is in abeyance, its functions are superseded, and the subjective mind alone is active. The subjective mind will accept a suggestion, no matter whether the suggestion is contrary to reason or not, because it is incapable of inductive reasoning.

If a patient who has a headache be hypnotized and told that the circulation is becoming equalized and that the rush of blood is receding from the head, this change will take place, as the subjective mind controls the circulation absolutely, as has already been stated.

All persons of sound mind can become hypnotists of some ability; of course some will become better operators than others, as is the case in any other profession.

The old idea that a hypnotist was the possessor of supernatural powers has been shown to be erroneous; the principal work to be done is on the part of the subject. The experience of the writer has been that it is harder to become a good subject than to become a good operator.

The method of inducing hypnosis here given is one of the best in existence.

When a patient comes to be treated, I talk on current



topics or something of that nature for a few minutes, in order to have an opportunity of judging his nature or characteristics. When I have formed an opinion, I am enabled to approach him in the way that will probably be successful. If I find that he is ignorant on the subject of hypnotism, and is afraid of it, I give him some idea of what it is, and dwell particularly on the fact that the subject is not absolutely controlled by the suggestions of the operator, but can awaken at any time if he so desires.

I then tell him of the wonderful good that has been done by hypnotism, especially in the healing of disease, and give him examples by citing some cases that I have cured. All this is done to allay his fears and get his confidence, for unless this is done I cannot hope to succeed.

When I think that everything has been done to bring about this condition of affairs, I tell him to lie down and close his eyes. I then place a handkerchief over the eyes to exclude the light, and tell him to get just as comfortable as possible. After he has lain perfectly quiet for five or ten minutes, I give the following suggestions: "Now you are perfectly comfortable, your muscles are thoroughly relaxed, the circulation is becoming equalized, you will soon begin to feel drowsy; you need not expect any queer sensations, for you will not experience anything unusual, but you will gradually go into a quiet, natural sleep." (See cut No. 2.)

I do not make any more suggestions for fifteen or twenty minutes, unless I am sure that he is asleep before that time. When I am reasonably sure that he is asleep, I begin to give the following suggestions in a low, monotonous tone: "You are sound asleep, you are sound asleep, but you can hear everything I say just as though you were wide awake." After giving these suggestions for a few minutes, I give what therapeutic suggestions may seem necessary.

If the patient is suffering from headache, I say: "You are perfectly quiet, the circulation is becoming equalized, and the pain is gradually, but surely, going away; gradually, but surely, going away."

Continuing these suggestions for a few minutes, I say: "Now when you wake up you will feel better than you did before you went to sleep; the pain will be all gone and you will be all right; you will feel better after awhile than you do now, you will relish your meals to-day, you will sleep well to-night, and you will awaken in the morning feeling refreshed and invigorated. Now you are beginning to wake up, feeling all right, all right; wide awake, wide awake." These last suggestions—viz., those to waken the subject—should be given in a vigorous, but not a boisterous manner, just as though the operator was very wide awake himself. If such suggestions are given in a quiet, sleepy way, the subject will awaken, but not so readily as he would were they given in a lively, wide-awake manner.

If the experiment is made simply to see if the person can be hypnotized, the method of inducing sleep would be the same; but after hypnosis has been induced, a suggestion similar to the following should be given, instead of the therapeutic suggestions: "You are sound asleep, sound asleep; you are resting quietly and easily; sound asleep. Draw up before your mind some scene that is perfectly familiar; the scene is becoming brighter, more distinct; now you can see it perfectly; every detail stands out in relief; the scene could not be brighter if you were really present."

This experiment will probably be successful, as the subject is not told that he is actually present at the sport which he sees, but the image which he pictures in his mind is simply made more distinct by suggestion.

Another method of inducing hypnosis that is very effective is as follows:

The operator should take his stand in front of the subject, who should be sitting, and give the following suggestions: "I shall hold my finger up, and I want you to fix your gaze upon it. Do not allow your gaze to wander, and do not blink your eyes. I shall gradually move my finger towards you, and as I do, your eyes will begin to feel heavy. When my finger approaches to within three or four inches of your eyes, your eyelids will feel very heavy. Do not resist the inclination to close them, but yield to it and go sound asleep."

The operator should watch the patient very closely, and should not advance the finger too rapidly, but should wait until the gaze of the patient assumes a fixed and blank look, before beginning to move the finger. (See cut No. 4.)

As soon as the patient closes his eyes, the suggestion of sleep should be given.

IF POSSIBLE, HYPNOSIS SHOULD BE USED, WITH OTHER TREATMENT, IN TREATING ALL CASES, NO MATTER WHAT THE DISEASE MAY BE; in many cases this is not possible, because the patient cannot be hypnotized.

#### LESSON IV.

##### VITAL MAGNETISM.

Man has the faculty of exercising over his fellow-men a salutary influence by the use of Vital Magnetism.

This vital principle seems to exist in the form of vibrations, but its composition is not known, for, like all natural forces, it cannot be analyzed.

An eminent writer on this subject says: "An effluence of some kind certainly does come from the hands of the operator,



PLATE No. 4.



#### HYPNOTIZING.

The finger should be held as still as possible for a few moments,  
and should then be advanced very slowly.



and one that is perceptible to the physical senses of the patient. What the effluence is, man may never know. Like many other subtle forces of Nature, it defies analysis. That it exists, and that under certain conditions it can be controlled by the conscious intelligence of man, is as certain as the existence of electricity." This effluence, which we call Animal Magnetism, is the principle which sustains life. It transforms the inanimate into the animate.

No man has seen electricity, but it can be used for definite purposes.

No man has seen Vital Magnetism, but it is equally true that it can be used for definite purposes.

Another writer has said: "This subtle force, emanation or influence, that is now generally admitted to be the basis of all organic activity; the link that unites the spiritual with the physical body; the medium between man's intelligent powers and his physical actions; the real vitalizer; is all that is required for creative purposes, extreme cases excepted." It is generated principally in the sex organs during sleep, and may be thrown off in great quantities if the practice of magnetizing is kept up regularly for some time.

This principle has been given various names: Mesmer called it Magnetism; Deleuze called it Animal Magnetism; Dodd called it Electro-Biology and Electrical Psychology, and later writers and investigators have concluded that the best term for this mysterious force is Vital Magnetism.

Vital Magnetism is generated in the body from the elements which we take into it. The air we breathe is the principal source, and because of this we cannot exist any length of time without air. We can live without food for several weeks, and without drink for several days, and still survive, but the time we can maintain life without air is measured by minutes. We derive magnetism from food and drink, but, as stated above,



air is the chief source of supply; hence the magnetic healer should breathe plenty of pure fresh air, and he should also see that his patients do the same.

The action of this principle is similar to that of electricity; that is, it seems to move in circuits, and seems to flow from a positive to a negative pole.

In treating diseases, the operator uses one hand, usually the left, for the negative pole, and the other hand for the positive pole. The same hand should be used each time for the negative pole, and the same hand should be used for the positive pole.

The vibrations emanating from the operator exercise a physical influence upon the patient; this being the case, the operator should, of course, be in good health.

The current, as it shall be termed throughout this work, escapes from the entire body, but can be thrown off by means of the hands better than any other way.

When the healer has learned to concentrate his mind upon his work and to forget for the time being everything but his patient and himself, he will feel in himself an instinctive impulse to treat this or that part of the body, and to modify the treatment to suit the particular case in hand. In other words, he will know, without realizing where his knowledge comes from, just what to do and how to do it. The healer should obey this impulse without stopping to inquire into it, as it is simply the prompting of his subjective mind, and if he stops to reason about it, he will destroy the subjective impulse.

The following method should be employed when the entire body is to be magnetized:

Cause your patient to sit down in the easiest position possible, and place yourself before him on a seat a little more elevated, so that his knees may be between yours, and

your feet by the side of his. Demand, in the first place, that he give himself up entirely; that he think of nothing, that he do not trouble himself by examining the effect of what he experiences; that he banish all fear, and indulge in hope; and that he be not disquieted or discouraged if the action of Magnetism produces in him temporary pain.

Now take his thumbs between your two fingers so that the inside of your thumbs may touch the inside of his. Remain in this situation from two to five minutes, or until you perceive that there is an equal degree of heat between your thumbs and his; that being done, withdraw your hands, removing them to the right and left, and waving them so that the interior surface be turned outward, and raise them to his head; then place them upon his two shoulders, leaving them there about a minute; you will then draw them along the arm to the extremity of the fingers, touching lightly. Repeat this pass five or six times, always turning your hands and sweeping them off a little before rescending; bring them down before the face at a distance of one or two inches, as far as the pit of the stomach, the thumbs pointing towards the center of the body, and the other fingers toward the sides. Then descend slowly along the body as far as the knees, or farther; and if you can conveniently, as far as the ends of the feet. You may repeat the same process during the greater part of the sitting. You may sometimes draw nearer to the patient, so as to place your hands behind his shoulders, descending slowly along the spine, thence to the hips, and along the thighs as far as the knees, or to the feet. After the first passes you may dispense with putting your hands upon the head, and make the succeeding passes along the arms, beginning at the shoulders; or along the body, commencing at the stomach.

When you wish to put an end to the sitting, take care to draw toward the extremity of the hands, and towards the ex-

terminality of the feet, prolonging your passes beyond these extremities, and shake your fingers each time. (See cut No. 5.)

When the operator first starts he will be easily exhausted, because his system is not accustomed to producing any more magnetism than his body needs; however, in a short time the system will produce greater quantities, and the operator will find that he can magnetize all day long, and not be exhausted when the day is ended.

This current is thrown off from the whole body, but in magnetizing it passes out at the finger tips. If magnetizing with one hand, the will should be exercised to cause a current to flow from the right or positive hand to the left or negative hand; if the passes are being made with both hands, the magnetism will flow from both the positive and negative hands; but THE CURRENT SHOULD NEVER BE MADE TO FLOW FROM THE NEGATIVE TO THE POSITIVE HAND. If the operator places his hand upon the back of the patient's head, and the negative hand upon the patient's forehead, at the same time exercising the will, a current will flow from the positive hand through the head of the patient to the negative hand. This current is a great reliever of pain.

In treating by means of magnetism, treatment is usually given from four parts of the body. These four parts are named the Cervical Plexus, which is situated at the base of the brain (see cut No. 6); the Brachial Plexus, which is situated at about three inches below the Cervical Plexus (see No. 7); the Lumbar Plexus, which is situated in the small of the back (see cut No. 8); and the Sacral Plexus, which is between the hips (see cut No. 9). From the Cervical Plexus are treated all diseases of the head; this is done by placing the positive or right hand on this plexus, and the negative or left hand over the part diseased, and causing a current to



flow from the positive hand, through the head to the negative hand, by exercising the will.

This magnetism travels along the nerves from the plexus to the part afflicted, stimulating the nerves and relieving the deranged part.

In treating all diseases of the arms and upper chest, the Brachial Plexus is used; in this plexus are found the nerves which pass through the arms.

The Lumbar Plexus is used in treating diseases of the stomach and the lower chest, by placing the positive hand over the plexus, and the negative hand over the afflicted part, and exercising the will as before stated.

In treating the lower limbs and bowels, the positive hand is placed on the Sacral Plexus, and the negative hand over the afflicted part. The magnetism thus propelled passes through the nerves, stimulating them to healthy action, equalizing the circulation of the blood, all of which tends to restore the equilibrium which the disease has overthrown. These plexuses are networks of nerves. They are central stations wherein the telephone wires from a portion of the body are connected with the main wire, or spinal column, which is connected with the brain.

When a chronic case is treated, the positive hand is always placed on the plexus to be used, and the negative hand on the part afflicted; while in acute cases, or when the pain is very severe, this treatment is maintained for some time, and then the current is reversed, by placing the positive hand on the part afflicted, and the negative hand on the plexus. This is a splendid mode of procedure, and should be carefully studied by the person desiring to become a successful healer.

In treating patients at a distance, objects may be magnetized and sent to them; for this purpose almost any article may be used, but flannel and water are the best things to be

used. A piece of flannel is magnetized by holding it between the hands and exercising the will to cause a current of magnetism to flow from the positive hand through the flannel to the negative hand. This should be done for from five to ten minutes, then the flannel should be placed in the left hand and the breath blown upon it until it is quite warm; this charges it very highly. No one else should touch the flannel before the subject uses it. The flannel may be used to rub the afflicted part, and may also be used as a bandage. The magnetism will remain in the cloth for forty-eight hours or more, but it should be used as soon after being magnetized as possible.

Magnetized water is one of the most powerful and salutary agents that can be employed. The patients are made to drink of it, when the communication is established, either at or between meals. It carries the magnetic fluid directly into the stomach, and thence into all the organs. It facilitates the crisis to which Nature is disposed, and therefore sometimes excites the perspiration, sometimes the evacuation, and sometimes the circulation of the blood. It strengthens the stomach, appeases pain, and often supplies the place of everything else. The healer is advised to use magnetized water in all cases if possible. The water may be either hot or cold, the patient deciding this point.

Water is magnetized by the operator taking the vessel which contains it, and passing his hands alternately from the top to the bottom of the vessel (see cut No.15). The fluid is introduced at the opening of the vessel, by presenting the fingers close to it several times in succession (see cut No.16). Sometimes the operator may breathe upon the water, or stir it around with his thumb. A glass of water may be magnetized by holding it by the bottom in one hand, and with the other throwing the fluid upon the glass.

In charging any object, the result to be attained must be kept constantly in mind; for instance, if water be given to a patient who is troubled with constipation, WILL that the water shall move his bowels, and it will be almost certain to do it; if the opposite effect is desired, WILL for such an effect, and that will certainly be the result.

Always tell the patient the result that will follow, and it will be more likely to do so, for in telling him suggestion is used, and suggestion and magnetism form the strongest combination attainable.

#### HOW TO HEAT THE HANDS.

The expression "apply the heated hands" is often used throughout the course, so that the student must know just what is meant by this, in order to understand fully the directions. The vibrations are more potent in their action when the hands are heated, so that in giving treatment the operator should heat his hands every few minutes during the treatment.

To heat the hands, proceed as follows: allow the arms to hang at the sides, perfectly limp for a few moments; and then raise them until the hands are as high as the top of the head (see cut No.17), and then drop them suddenly, at the same time flipping the hands outward, just as though you were throwing water from your hands (see cut No.44). Then alternately clench them tightly (see cut No. 10), and stretch the fingers as far apart as possible (see cut No. 11). Repeat this several times, and then rub the palms of the hands briskly together until they become very hot. Practice in this line will enable the student to heat the hands so hot that he will almost raise a blister upon the patient. The hands will remain hot for a minute or two, then they should be reheated.



Considerable practice is necessary to develop this accomplishment, but it must be done.

The particular process to employ in each disease will be explained in the chapters devoted to special treatments.

## LESSON V.

### TREATMENT: SELF, ABSENT AND PRESENT.

Nine-tenths of the human family have something the matter with them, yet not one person out of a hundred can treat himself for even minor complaints.

The need for something has been understood for years, but the different methods of treatment that were advanced to fill this long-felt want were either frauds or so complex in methods of procedure as to place them beyond the reach of the average person.

As stated in a preceding chapter, an Auto-Suggestion is the most potent that can be given.

It was also stated that the subjective mind controls absolutely all the functions of the body.

These two propositions being true, it is plain to be seen that every person can treat himself without medicine, without doctors, without the assistance of anyone.

In self-treatment the patient must have confidence in himself; if he thinks he will fail, he is certain to do so because he thinks failure; that is, he thinks himself into a condition that is passive to failure, and failure is the result.

The advantage of this treatment over the others is that it not only cures, but the medicine is always at hand; it occupies no space, and there is no possibility of a person finding himself in a place where he cannot be treated.



MESMERIZING.

This illustration shows the position to be assumed in mesmerizing. The knees of the subject should be pressed firmly between the knees of the operator. The feet do not touch.





The treatment for self is done by the Auto-Suggestion; by the patient determining that he can and will get better, that he can and will get well, and leaving this determination of the objective mind undisturbed.

The subjective mind is amenable to suggestion from the objective mind at all times, and when a determination is made, the subjective mind receives the most potent suggestion possible, and so long as doubt and fear does not enter the mind of the patient, this suggestion will continue to act, but as soon as the patient begins to doubt he makes himself passive to what he fears, for doubt is fear, and he receives or experiences just that thing.

The best time to give Auto-Suggestion is just before going to sleep at night.

The hours for treatment should by all means be regular. Under no circumstances should they be changed from time to time to suit the convenience of the patient, as such a course will render the treatment useless. The time should be carefully considered at first, and once it has been decided upon no change should be made.

When the time for treatment arrives, retire to a quiet place where you will be free from interruption. Lie down and assume a passive attitude; that is, relax all your muscles, until you are limber in every joint; until you feel your body pressing against the bed. Try to sink through the bed and you will gain an idea of what is meant. This is physical relaxation.

To attain mental passivity, banish from your mind all thoughts of yourself or your ailment. To be passive mentally is to make your mind a blank; "to think of nothing." To do this will require some practice, and at first you will probably find that the entire one-half hour devoted to the treatment will be taken up trying to become passive.

Do not allow yourself to become discouraged if it takes a week or more to learn how to assume this condition.

When you have reached the point where you can make yourself passive, lie perfectly still in this condition for ten or fifteen minutes; now begin to repeat to yourself the following suggestions: "I am now passive; my muscles are thoroughly relaxed, my mind at rest, and I am perfectly comfortable. The circulation is becoming equalized, the nervous forces throughout my body are no longer at war, but are working harmoniously together. All the organs are performing their functions naturally, and I am gradually approaching a condition of perfect health. I am gradually getting better, I am gradually getting better."

Continue these suggestions for ten or twenty minutes, unless you should fall asleep before that time. If you should go to sleep while repeating these suggestions, IT WILL MAKE NO DIFFERENCE, as the subjective phase of your mind will continue to act upon them.

During the day the thought will come into your mind every once in a while, "I am getting better." This comes from the subjective mind, and you should recognize it. It simply shows you that your subjective mind is working on your suggestions, and you may rest assured, if you will follow up this treatment, you will be rewarded.

By "recognizing" the suggestions which come from the subjective mind the following is meant: Whenever the thought, "I am getting better," or whatever the suggestion may be, enters the conscious plane—that is, when the patient realizes that he is thinking these thoughts—he should repeat the suggestion to himself; or, if some one is present, he should say: "I believe I am getting better." If this is practiced, the suggestion will be enforced and the treatment will be continuous. This is important.

To many this treatment will seem insufficient. Some say: "That is all nonsense; you can't cure yourself by simply saying, 'I am better.'" No, certainly not. No man can become wealthy by simply sitting down and saying: "I am going to be rich, I am going to be rich." But if he will say: "I am going to be rich," and then apply all his energies toward that end, and apply them intelligently, all the powers of the universe cannot keep him from attaining his desire.

The philosophy of the treatment is this: By becoming passive physically and mentally the subjective mind becomes very active, while the objective mind becomes passive. The subjective mind is then in a condition to receive the suggestions from the objective mind, and when it has received the suggestions, it begins to act upon them. As the subjective mind controls the body absolutely in all of its phases, it will cause the physical changes desired. This is the whole thing in a nut-shell.

The patient must be sure to maintain regular habits; he must treat himself regularly; and he must say nothing to his friends about the treatment, unless they are friendly toward it; as they will by their adverse criticisms give him bad suggestions that would do much to counteract the good effect of his own healing thought.

As an example of the wonderful power of Self-Treatment when intelligently and regularly applied, the following case is given: A young man came to the writer and said that he was troubled with nightly emissions. I told him that was the result of not being able to control his thoughts. I said: "The action of the generative organs is absolutely controlled by the mind. You must not allow thoughts of a lewd character to enter your mind, but must, when your thoughts take this course, occupy them with something else. Each night when you go to bed give yourself these suggestions: "To-night my subjective



mind will not dwell upon thoughts of a lewd character. I will sleep without dreaming; I will sleep without dreaming. If any lewd thoughts enter my mind, I will immediately wake up; I will immediately wake up." After a week's treatment the dreams and emissions began to grow less; in two weeks they had almost stopped altogether. By this treatment, with the few simple rules given below, the cure of one of the most dreadful of man's afflictions was made.

If the rerder is afflicted with this trouble, he should always sleep upon a bed that is rather hard.

Sleep cool rather than warm. Much heat causes the animal heat of the body to become too great, which in turn arouses the passions and causes the emissions.

little meat should be eaten, as it is heat-producing and tends to augment the sexual desire.

Stimulants of all kinds should be shunned.

Fat sparingly, and rise from the table with a slight desire for more food. This desire will pass off in a short time.

Bathe every night immediately before going to bed. Exercise enough to cause a sense of fatigue, each day. These rules will surely produce good results.

The patient should drink plenty of pure fresh water. It would be well for him to resolve that whenever he eats, or drinks, or sleeps, or labors, no matter what, he will have in mind the idea of improving his health by so doing.

It is wonderful how potent this treatment will become. A doctor who had treated himself unsuccessfully for chronic constipation came to the writer for treatment. Upon being instructed how to treat himself, he began to do so, and in a short time had cured himself. His delight knew no bounds, and he claims that he can now cause an action of the bowels whenever he desires.

PLATE No. 6.



The hands of the operator are covering the left and right Cervical Plexus. In treating, the operator should be behind the patient, but in order to show the Plexus, it was necessary to assume the above position. All Plexuses have a right and left side, which are termed by some writers "Right" and "Left" Plexuses. In these lessons, however, the two sides have not been mentioned, as the entire Plexus is always covered by the hand when treating.





A young lady who suffered greatly with bladder trouble cured herself by self-treatment, after doctors had failed to relieve her in the slightest.

The suggestions given on page 23 of MSS. should be repeated again and again, ten, fifteen or twenty times, unless the patient should go to sleep before he has had time to repeat them so many times.

Patience and perseverance will work wonders, and many an ache and pain, as well as doctor bill, may be avoided by practicing the above.

The action of the subjective mind during natural sleep is worthy of consideration; in fact, it offers a field for investigation that is unsurpassed.

Natural sleep is a condition in which the objective faculties of man are in complete abeyance; hence it is a condition of complete passivity. This is a condition in which the subjective faculties have complete control; therefore, if the subjective faculties can be controlled in this condition of natural sleep, either by the sleeper or another person, the entire system, can be controlled; for, as has already been stated, the subjective faculties control absolutely every function of the body.

That the subjective faculties can be controlled during natural sleep, there is not the slightest doubt.

However, because of the intensely objective manner in which man has always lived, the control that may be attained is to a great extent limited. However, this control may be extended indefinitely by effort, and the author has no doubt but that the time will eventually come when this control will be absolute.

Some years ago the writer became interested in this particular line of Psychic Phenomena, and carried out a series of

experiments which were successful beyond his most sanguine expectations.

The first experiment was an endeavor to eliminate dreams from sleep; in other words, the writer attempted to control the subjective faculties to such an extent that his sleep would be dreamless.

He began by giving himself suggestions that he would not dream.

The suggestions were given after retiring, and were continued until sleep came; they were given in the second person, as though they were directed to another person, as follows: "You will not dream to-night, you will not dream to-night; your sleep will be perfectly dreamless."

At first the result was exactly the opposite to the one desired. Dreams were frequent and constant. After three or four weeks, however, of persevering effort, the dreams began to come with less frequency, and they continued to decrease, until within two months they ceased entirely.

After he had enjoyed his success for some time the writer decided to attempt a second experiment, which would be in advance of the first—viz., to attempt to control his dreams; to dream, but to dream only of the thing he desired.

The same plan that was used in the first experiment was adopted. The suggestions were given in the second person, after the manner of the following: "You will dream of delivering a lecture on Magnetism; to-night you will dream of delivering a lecture on Magnetism." This suggestion was selected, because the author's thought at that time was dwelling particularly on this subject, and for that reason might be considered an easy subject to dream upon.

The first results of this experiment were anything but reassuring, for the work of the first experiment was completely undone and the writer began to dream of everything

imaginable; at this, he decided to let well-enough alone, and he again attempted to banish all dreams from his sleep. The attempt was immediately successful, which convinced the writer he could banish dreams from his mind entirely whenever he so desired, and gave him courage to again attempt the selection of his dreams.

At first the result was not successful, but perseverance began to have its effects; gradually, it is true, but surely.

After a time the chosen subject would be dreamed of, and what seemed remarkable was the fact that the dream would be PERFECTLY REMEMBERED, and the act of dreaming CAUSED NO PHYSICAL OR MENTAL EXHAUSTION.

The reasoning of the subjective mind seemed perfect, and the conclusions arrived at were sometimes revelations to the dreamer. This must be accounted for on the ground that the subjective mind seemed to collect all the evidence the dreamer possessed THAT WOULD TEND TO PROVE THE TRUTH of the proposition that was the subject of each particular dream.

At the time of this writing the author can control his dreams to a great extent, and can dream of almost any subject desired; however, occasional failure is encountered.

One is irresistibly led to the conclusion that the time will come when man will formulate his plans when asleep, and execute them when awake.

This may appear visionary to the uninitiated, but to the thoughtful reader there is an appearance of possibility at least.

Every student of Magnetic Healing should investigate this particular phase, and should if possible attain complete control of his dreams; not only dreaming of any chosen subject, but having a dreamless sleep when desired.

The method of procedure is very simple, and needs no further explanation than has already been given.



Care should be taken to avoid choosing subjects that are too difficult. After some success has been attained, more difficult subjects may be chosen.

The average person will find that his perseverance will be taxed to the utmost, as results come slowly at first, and the experiments to a certain degree are monotonous. However, the reward is worth a thousand times the cost; it will bring to the victor success in many ways, and will give him an advantage over his fellows, it matters not the vocation to which he gives his time.

The following facts should be carefully studied, and the reader, if he intends to practice Magnetic Healing, should advise his patients to follow their teachings

There are three methods of bringing into the body life and health, growth and strength.

The first and greatest means is breathing. Every breath brings into the body out of the atmosphere a part of the life and substance that replaces used-up energy; in other words, Magnetism.

Pure water taken into the body contains in liquid form, next to the air, the greatest amount of magnetism.

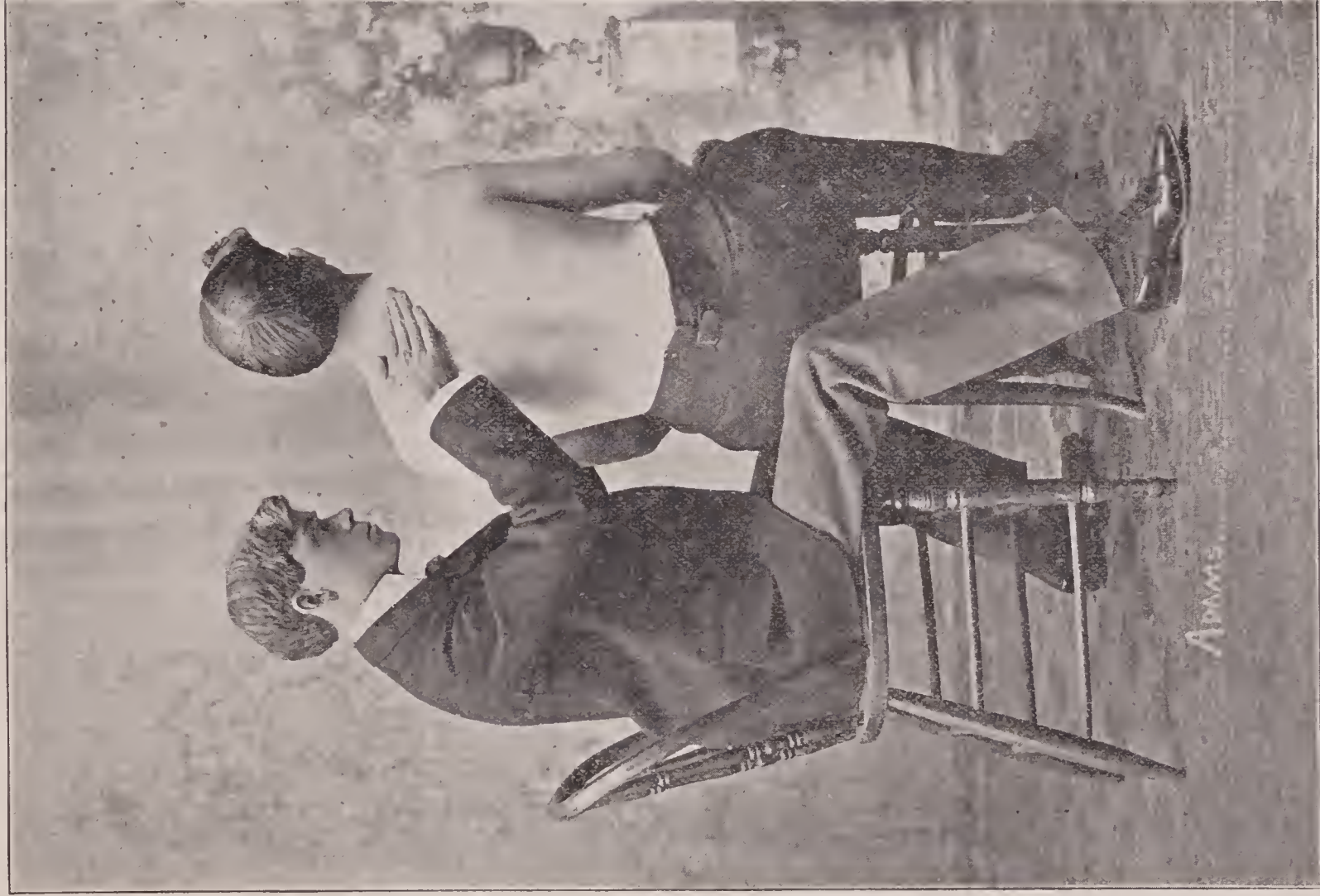
The food we eat in solid form contains more or less of this great life-giving principle.

We bring into our lives more life, more health, and more strength by intention.

The man who will increase his breathing capacity will add to the length of his days.

The man who eats whatever is set before him without thinking that it is going to hurt him adds life and health to himself with every meal.

PLATE No. 7.



THE BRACHIAL PLEXUS.

The hand of the operator is covering both sides of the Plexus, which is the position to be assumed in treating.





## LESSON VI.

## ABSENT TREATMENT.

The principles of Magnetic Healing have already been stated so that a statement of them here will be a repetition, but as the object of the writer is to make these instructions simple and practical, he will not observe with very much care the style of writing he is using. He takes it for granted that the reader who has read these lectures up to this point has been more interested in the therapeutic value of this science than in any of its other phases.

The lessons have all been written on this supposition, as Magnetism is of more value to man as a healing agent than anything else. The method here laid down is a combination of Vital Magnetism and Suggestion, and this is the most potent manner in which to apply these two forces.

The number of treatments must be decided by the operator, who will be governed by circumstances; if the case is not acute, such as deafness, catarrh, blindness, stammering, etc., one personal treatment every day will suffice, but in acute diseases as many as three treatments a day will sometimes be required; such cases, however, are the exception and not the rule.

If the patient is taking absent treatment—that is, if he is not present when the treatment is given—two treatments a day should be given.

In given absent treatment, the operator and patient should have a definite understanding in regard to the hour and the length of the treatment. The patient should have full instructions in regard to what he should do during the time of treatment. The instructions should be similar to the following:

"The first thing that I want to tell you is that you are

going to get well, if you follow these instructions carefully and for a reasonable length of time.

"All disease, no matter what its nature, is the result of a lack of the vital principle of Life, which I shall term Animal Magnetism; to restore to the system this magnetism is to restore good health, and this is what we intend to do. When the time allotted for your treatment arrives, retire to a room where you will be free from interruption, and where you will not be annoyed by noise. Lie flat down upon the floor or bed and extend the limbs fully, relaxing all your muscles until your body seems to press against the bed. Breathe regularly and easily; do not use any muscular exertion in order to breathe deeply, but breathe naturally. Now read these instructions carefully and then close your eyes and think that I am saying to you: 'You are becoming sleepy, sleepy, sleepier; you are going fast asleep, you are going fast asleep.' Continue thinking these thoughts, and at the same time I shall be sending healing suggestions to you.

When you begin to feel sleepy do not try to keep awake, but go fast asleep, for while in this condition you can receive the healing thoughts which I shall send you better than you can in the waking state. All excesses must be discontinued while taking treatment, such as late hours, alcoholic drinks, sexual indulgences, etc. THIS MUST BE OBEYED. Eat moderately, and as you eat repeat in your mind these words, or words of similar meaning: 'This is doing me good, I am eating to get well; I shall feel better when I have finished this meal than I did before.' Drink plenty of pure water, but always drink one-half to one hour before or after each meal. Half an hour before breakfast drink a glass of water, and just before retiring drink another glass. Several times a day stop what you are doing, step out into the open air, stand up perfectly straight, and take a dozen deep, full breaths,

filling the lungs to their utmost capacity and then expelling the air very slowly. As you do this, say to yourself: 'I am doing this to get better; it will make me better every time I do it.' When walking down the street, every little while take a full breath. ALWAYS THINKING THAT IT WILL DO YOU GOOD. This thought must always be present; whenever you do anything, say: 'I am doing this to get better.' This is of the utmost importance; do not fail to do just as tell you. Do not ask yourself every day: 'Am I getting better?' Do not think of results. You will be well before you know it, if you will follow these instructions to the letter.

"Each morning, unless I write to the contrary, you are to take a bath the first thing on arising. The water should be in a basin which has set open all night in your sleeping-room; wet the body all over with a sponge, and then dry rapidly with a coarse towel.

"You should read these instructions carefully twice each day, and should write to me regularly once a week, unless something special should arise, in which case write to me immediately."

Many who believe in Magnetism do not believe in absent treatment, and some of those most enthusiastic in their praises of "present" treatment are very bitter in their denunciations of the "absent" method. This prejudice, which is purely the result of ignorance, may easily be removed by explaining the laws of Suggestion; it is the key to the whole thing. A suggestion may be given on one side of the globe to have its effect on the other side; this is easily done by letter or printed instructions.

The composition of the instructions sent to absent patients should be very carefully considered by the operator, as the impressions received from this source will be of the utmost importance, and will largely decide the success or failure of



the treatment. The operator, if he is treating by the absent method, should, at the time he and the patient have agreed upon, retire to a room in which he will be free from interruption; he should concentrate his mind upon the patient, and should send healing and healthful thoughts to him.

If the operator goes to sleep, it will make little or no difference, if his mind is concentrated upon his work when he goes to sleep; for his subjective mind will continue to act while he is asleep, and will send the healing thoughts until his objective mind awakens. This method of treatment is very successful.

The length of treatment must be governed by circumstances; a personal treatment may last from fifteen minutes to two hours. The usual length of either a personal treatment or an absent treatment is thirty minutes, but the operator must be just as careful to avoid making his treatments too long as he must be to make them long enough, for an over-dose of medicine, whatever its nature, is as bad or worse than no medicine at all.

If the patient begins to show signs of weariness or seems to lose interest in the treatment, should it be present treatment, immediately ascertain the cause, and if caused by the length of the treatment, cease at once.

In beginning a treatment, the first thing to be done is to get the patient in a negative or passive condition. This is sometimes very difficult, and for a short time may be impossible if the subject is suffering from severe pain, because pain makes a person positive; the more pain, the more positive one becomes. When the patient is very positive, the operator must give a thorough general treatment until the patient becomes calm; this treatment will be described later. To get the patient into a passive state, the following is a splendid method: Have the patient sitting or reclining, either position

being good according to the nature of the disease, condition of the patient, etc., have him relax all muscles as much as he possibly can, and if he can do this he will be comfortable in a very short time. Lift his arm, allowing it to fall back; it should drop like a bar of lead if the muscles are relaxed thoroughly. Lift the leg, allowing it to drop as you did the arm. This complete relaxation is something that will be of benefit to the patient, no matter what is his trouble. Have him, when he is at home, practice the following exercise:

Lie upon the floor on the back, relaxing all muscles. No pillow should be used, but the head should rest upon the floor. The arms should be full length and nearly at right angles with the body. The legs should be separated as far as they can be without making them uncomfortable, then deep breathing should be practiced, being careful to expel all air possible from the lungs. This exercise should be practiced twice a day from two to five minutes each time. It will benefit a sick man in many ways, and is the best method of resting one can practice. In breathing during this exercise the patient should draw the air through the nostrils slowly, and should inhale until he can draw no more air into the lungs. Then the air should be slowly exhaled until as little as possible is left in the lungs. The exhaling is of more importance than the inhaling, and care should be taken to expel all the air possible from the lungs.

If the operator has taught the patient how to relax thoroughly, he should take up the next step; if not, he must teach the patient how to relax his muscles, even if it takes the entire time allowed for the treatment.

When this has been accomplished, he must see that the patient is breathing regularly—not fast, nor slow, but naturally; otherwise the act of breathing will require some conscious effort on his part; this conscious effort must be avoid-

ed. If the clothing is tight or uncomfortable, if the room is too light, or if there is anything in the surroundings which causes discomfort, it must be removed; this is absolutely necessary. When the subject is breathing naturally and his muscles relaxed thoroughly, he should be as nearly comfortable as it is possible for him to get. The operator should then state to the patient, that he can cure him if he will assist as directed; that he will at no time find the treatment disagreeable, but will find it more agreeable each time he is treated; instead of dreading the treatment, as is usually the case with material remedies, he will look forward with pleasure to the time when he is to be treated.

The operator should be careful what he is saying, for he is at this point deciding to a great extent the outcome of his treatment, the benefits he will receive in addition to the alleviation or removal of his disease should be mentioned to the patient. This should be continued until the patient is perfectly quiet, or until he feels sleepy. Some patients will go to sleep while the operator is talking, which is the best thing that could happen. The patient is not to ask questions, but is simply to lie still and listen.

The operator should talk in a pleasant voice, being careful to speak in a low, monotonous tone, not allowing his voice to assume a singsong tone, however, or little or nothing will be accomplished.

All must be carefully done, for it is but a step from the serious to the ridiculous, and the reader will find it very easy to make this step, and at a time when such an event would prove ruinous to the treatment. The patient must be watched carefully, and an effort made to gain an inkling of his thoughts, to find out if possible the impression that is being made. As soon as the subject is passive, the operator is ready



to proceed with whatever treatment he has decided to use. If hypnotism is to be used, he has already half succeeded.

#### GENERAL TREATMENT.

To give a general treatment, the arms should be treated first. This is done by rubbing an arm until it is brought to a glow, caused by the stimulated circulation. Then the arm should be rolled between the hands of the operator; this is done by pressing the arm between the palms of the hands and moving the hands forward and backward in opposite directions (see cut No. 12). This turns the flesh of the arms alternately from left to right. The movement should be fairly rapid, and should be made ten or a dozen times in each place, when the hands should be slipped down a short distance, and the operation repeated; this should be continued until the hand has been reached; the work on the arm should be completed by pressing the pulps of the fingers in between the muscles so as to stimulate the deep, muscular fibers and stretch the nerves.

This same treatment should be given to the other arm, and then in succession to the thighs, legs and feet.

The patient should then be requested to lie down, face downward, and his back should be well rubbed; then percussed or tapped lightly and very rapidly with the tips or pulps of the fingers; they being held so as to bring the ends of all the fingers and the thumbs together.

Now the patient should be allowed to rest five or ten minutes; during this intermission the patient should remain perfectly quiet, no conversation should take place, nor anything be done either by the operator or patient.

The patient may be in a sitting or reclining position. If sitting, he should be sitting across the chair, so that his

right shoulder will rest against the back of the chair, when the operator should take a position to the left of the patient, treating either through the clothing or beneath it. If the patient is extremely sensitive or very timid, it is not necessary to treat beneath the clothing; if he is not, the clothing should be so arranged as to give the operator perfect liberty in treating the different nerve centers.

If the patient is reclining, he should be placed upon a sofa, couch or operator's table, lying on his right side. The operator should heat his hands, placing the positive hand at the base of the skull, the negative hand over the forehead, eyes and nose, and should exercise a steady intention of sending the current through the organs between the two hands (see cut No. 13).

After the hands have been heated and applied in this manner two or three times, the operator should smooth the forehead, by stepping to the back of the patient, placing the hands over the forehead, and making passes back and down, bringing the hands together at the base of the skull, exercising the intention of carrying away all deranged or unhealthy conditions (see cut No. 14).

He should again heat his hands and place the positive hand over the cervical plexus, the negative hand over the upper part of the chest. He should treat in this manner two or three minutes, exercising the intention of stimulating and equalizing the circulation, and should pass to the second or Brachial Plexus, placing the positive hand over the plexus, the negative hand over the chest on the opposite side of the body (see cut No. 7). This should be continued as before described. Next, he should treat the Lumbar Plexus in the same manner, placing the positive hand over that center, the negative hand over the opposite side of the body (see cut No. 8). He should

PLATE No. 8.



THE LUMBAR PLEXUS.





now place the positive hand over the Sacral plexus, placing the negative hand over the opposite part of the body (see cut No. 9).

Whenever the operator desires to increase the circulation, to create heat in the body, he should always heat his hands thoroughly and apply them to each center two or three times before leaving that plexus. After he has treated the centers in this manner, he should make the passes down the spinal column, exercising the intention of increasing the circulation, and stimulating the secretions (see cut No. 18).

Flex the plexuses by pressing firmly on the plexus and pulling the body backward at the same time. This tends to relieve all congestion and will prove valuable when it is desired to stimulate and equalize the circulation. In flexing the Cervical Flexus, press upon the plexus with the thumbs and pull with the fingers (see cut No. 41). In flexing the other plexuses, press with the knee and pull with the hands (see cuts Nos. 39 and 40).

Last he should treat the feet, by removing the shoes, heating the hands perfectly, and rubbing the bottom of the feet thoroughly, exercising the intention of increasing the circulation in that part of the body.

When it is desired to charge one spot very heavily, the best method is to apply three or four thicknesses of cloth over the spot, and then place the lips against the cloth and make a dozen or more deep inhalations upon the cloth; this will produce great heat and charge very heavily the spot on which the cloth rests (see cut No. 19). The cloth is called a folder, and may be made of any cloth, but flannel is to be preferred. The use of the folder very greatly assists the other treatment, in such cases as toothache, headache, OR ANY AILMENT IN WHICH ACUTE PAIN IS MANIFEST.

## LESSON VII.

The average person imagines that success is to a certain extent a matter of chance, and that a certain amount of luck characterizes every successful achievement.

This is an erroneous idea, and because it is so prevalent among the people at large is no sign that it is right.

It is because so many believe in this element of chance that so many fail; the man who begins an enterprise with the idea that a certain amount of his success depends upon luck, and that a certain part of his success is beyond his control, and relies upon luck for this part, is almost certain to fail.

No man can be sure of success, if his reward is not exactly that to which he is entitled; if a part of his success comes from luck and not from his labor, his destiny is to that extent beyond his control, and his labor will have nothing whatever to do with it.

Such a condition of affairs is manifestly out of the question; life would indeed be a lottery, and the question "Is life worth living?" would be worthy of consideration.

EVERY MAN RECEIVES THAT WHICH HE DESERVES—NO MORE, NO LESS.

This statement may be doubted by the reader, and there are millions of people in the world who would be willing to swear to its falsity.

What could be more absurd than the belief that the All-Wise Creator of the heavens and the earth would create all these conditions without laws to govern them?

As stated in the first part of this work, nothing comes by chance, nothing is supernatural, but the laws of life and existence are as exact as the principles of mathematics.

There are many things essential to success, the most important of which will be discussed.

First of all comes ambition, or the desire to succeed.



Success comes to them who desire it, and to no others.

Wealth is thrust upon some unexpectedly, but wealth does not by any means constitute success.

Success is the accomplishment of a desired end, the favorable culmination of well-directed and intelligent effort.

A real desire must accompany such effort; without it, success is impossible.

Hope must ever be present in the heart of the worker. Without hope nothing is possible, for hope of success must accompany every action; no effort without hope is possible.

A man without hope is the most miserable creature in existence; no condition is more pitiable, for there is no relief possible or even possible; if relief were possible, there would be hope.

The successful man must have hope and he must keep it; it is easy enough to be hopeful when everything is progressing favorably, but at this time hope does not play so important a part or is not so hard to entertain, because there is nothing to destroy it.

It is in time of reverses that hope is so necessary; when everything is seemingly going wrong and cherished desires are being swept away, the man who through it all retains his hope and never ceases his exertions for a moment is the man who is certain to succeed in the end.

Confidence is more necessary than anything else, it is the requisite be more necessary than another.

Without confidence no positive action can be taken; man must believe in his own powers and rely upon them.

Liebig, the great German economist, makes the statement that 95 per cent of the human family are imitators. The other 5 per cent are inventors—people who think for themselves.

If this is the case, ninety-five per cent of the human family are creatures of circumstances.

Most men are mentally lazy; they do not like to think for themselves; they want some other fellow to do their thinking for them, and they find that the other fellow always does it.

This is very expensive; the majority cannot afford it, for it always takes the success of the plan to pay the other fellow. He, and no one else, gets the benefit of the thinking.

Every man can be taught to think for himself; every man can become his own master.

Every man can govern the circumstances by which he is surrounded.

Every man can be free.

Every man can be at the head of the list in his particular line if he would dare to think for himself.

The world is ripe for this kind of thinking, and hundreds of people would be glad to learn these truths, gladly become their own masters, if they only knew how to try.

Man is either a creature of circumstances, or a master of circumstances.

Man either creates his environments, or he allows them to remain unchanged.

Napoleon immortalized himself by his memorable but masterful statement on the summit of the Alps; when confronted by all his engineers and told by them that there was no way possible to cross these mountains, he said: "I will either find a way or make one."

Everyone possesses the same indomitable will that characterized the great general, if they but knew it.

No one needs to be poor, or sick, or weak, jostled about by the surging crowd; but every one has within him the element of mastery, the latent force that can make him able to stand up in true manhood, a lord of creation, a master and not a creature of circumstances.

Would the reader like to be a leader, would he like to have his advice sought after by his friends, would he like to feel that perfect freedom of self-mastery?

Then cheer up.

All these things are in store for him.

The strength that is in him need not cower in weakness, but he can rest assured that if he learns to know himself, as he can be known to himself, he may be able to attain this far-reaching truth, that "All things are his when he learns to think and act for himself, without allowing others to influence him."

The most comprehensive and far-reaching statement that was ever made was that of the lowly Nazarene: "To him that believeth, all things are possible."

THE CROWNING CURSE OF HUMANITY IS MAN'S BELIEF IN HIS OWN WEAKNESS.

Man cannot even attempt to do that which he believes he cannot do.

Concentration is another essential element to success. Power, whatever its form, is the result of concentration; without concentration there is no such thing as force.

A small wire of itself has but little strength, but many small wires twisted together, concentrated, support the Brooklyn bridge with its thousands and thousands of tons of weight.

One sunbeam has of itself but little heat, but when many beams are concentrated by the means of a sunglass, intense heat is the result.

The general who can concentrate his army so that the full weight of his attack will fall upon one point is almost certain of success.

The powers of the human mind when it is concentrated are



boundless; no man has as yet been able to state the limits of its possibilities.

The successful man is always working together for a definite goal. He chooses a certain point toward which to strive, and then bends all his energies toward the accomplishment of his work until he has attained the desired result.

The satisfying of one ambition gives birth to another, and each is a step in advance of its predecessor.

To succeed, the average man must be willing to specialize, to concentrate his time and attention upon one particular line of work. This is not so easy to do as at first might be imagined, because there are temptations on every hand to lead one astray.

One can not know everything, and the sooner the reader realizes this and decides to know one thing better than any one else, the better off he will be.

The man who can do this is always in demand, and he can demand the price he chooses.

It is by no means an easy matter to concentrate the mind; if the reader believes he can concentrate his mind upon one idea to the exclusion of all others for one minute, he will probably find, upon trial, that he is mistaken.

The art of concentration, for it is an art, can be acquired by all, with a reasonable amount of practice and a few simple instructions.

A course of procedure that has by experience proven to be excellent is here given.

The student should decide the time of day best suited for the experiment. Immediately after breakfast or immediately after the noon lunch is an excellent time, but the principal thing to be attained is regularity; the practice must take place at the same hour each day. Without this regularity the time employed in practice is wasted.

At the hour chosen by the student, he should retire to some quiet place where the chance of interruption is small, and where he can go each day; he should assume the most comfortable position possible, and relax his muscles thoroughly.

The first three or four trials should consist of practicing relaxation and nothing more. Each trial should last from twenty to thirty minutes.

When the student has learned to relax thoroughly, he should begin to think certain thoughts.

At first some subject of special interest should be chosen as it is much easier to concentrate the mind upon a subject that is interesting than upon one that is not.

The difficulties of the idea to be thought of should be very gradually increased until the student is able to concentrate his mind, at any time, upon whatever he chooses.

The person who can concentrate his mind upon his work has every advantage over those who cannot.

There is but one road to success, and that is a rough and hilly one; it is called LABOR. But labor alone never made any man a success. Some of the hardest working people in the world are the least successful. Effort will materially aid one in attaining success, but it must be INTELLIGENT effort.

Intelligent effort, with perseverance, means success.

There is no truer saying: "The mill will never grind with the water that has passed."

There is but one time that a man can act, and that is the present; that is, when you first think of it.

The only person who can safely act at the time he thinks of acting is one who acts on his own suggestion, because any one acting upon the suggestions of another is hypnotized.

Opportunities exist for all mankind.

Shakespeare said: "There is a tide in the affairs of men, which, taken at the flood, leads on to fortune."

Thousands of people fail to recognize the "flood," and they wonder why they are so unlucky. It is because they do not think, some one else is thinking for them, or they are running over another man's thought.

They don't think; THEY ONLY THINK THEY THINK.

The reader must stop and think where he is at the present moment, and where he desires to go, and decide, now, upon a course of action; and then with an indomitable will, and sterling integrity, labor unceasingly, with the belief that he has within himself the power to accomplish what he is attempting--this means success.

The reader must not say, "I can't do that," or "It takes more than that to win success." Thousands of people have failed because they would not recognize these principles, and thousands more will probably fail; but the reader, if he follows these directions implicitly, will not fail.

No man can succeed for another; each and every man's success depends upon himself and no one else.

The writer has given much thought to this subject, he has looked at it from every conceivable standpoint, and he knows from experience that the rules just given will bring success, if they are faithfully practiced.

Other men have done this, other men can do so again. Why should not the reader be one of these?

## LESSON VIII.

### HOW TO DIAGNOSE BY IMPRESSION.

It will often assist the student to diagnose in this way. The symptoms of most of the diseases are given in the part of the course assigned to "Special Treatments," but something more than physical symptoms are sometimes necessary.



PLATE No. 9.



THE SACRÁL PLEXUS.



To diagnose by impression proceed as follows. Have the patient relax his muscles and get as quiet as possible, just as though you were going to hypnotize him, and allow him to remain in this position for a few minutes.

Then grasp his right hand in your left hand, so that your thumb is on the top of his hand between the knuckles of the third and little fingers, over the branch of the ulnar nerve which lies here, and his left hand in your right hand in the same way (see cut No. 20). Now close your eyes and drive every thought from your mind, thus making it blank.

You receive the impressions through your negative or left hand, and as soon as you feel the current flowing from your right or positive hand back to the patient, note the impression you have.

Do not allow your reason to interfere, but take the impression as you receive it. If you begin to reason, you will destroy the impression entirely. Often the patient does not really know what is the matter with him and he may disagree with you, but trust your impressions and you will usually be right.

The subjective faculty may be developed in this way until it will be possible to diagnose without even touching the patient.

The author has received impressions in regard to a patient's condition as soon as he entered the room and before a word had been spoken. If the student will practice until he can do this, he will succeed in securing the confidence of the patient at once.

There is one point to be guarded against, and that is the assuming the condition of the patient. If the student has been afflicted with catarrh or any other disease, he will catch it from the patient when he diagnoses in this way, or he will catch it in treating if he does not immediately assume



a positive condition as soon as the diagnosis is completed.

In treating, the student must always be positive, never passive; otherwise he will assume the condition of the patient.

The writer once knew a healer who did not possess this secret, and he was compelled to stop treating altogether, because he was constantly taking on the diseases of his patients. Upon being given this knowledge he began his practice again, and has experienced no difficulty in this line since.

Sometimes the impressions are mental, but after you have practiced considerably, the impression will be so clear that you will actually feel the same as the patient, and you will then, of course, know just what ails him. Sometimes the patient will think you are wrong, but you will soon be able to feel so sure that you are right, that his assertions will have no effect upon you.

Often the patient will think one thing is the matter with him, but you will find that something entirely different is the cause of his trouble.

"Practice makes perfect," and you will soon be astonished at yourself, if you will practice this method of diagnosing with care.

#### SOME POINTS FOR THE STUDENT.

1. When the hands of the patient become moist, the treatment should not be continued, as the moisture is an indication that the circulation has been stimulated sufficiently.
2. In treating fevers, the operator must hold the intention--that is, have in mind the idea--of reducing the circulation instead of stimulating it.
3. When treating many patients, the operator should drink some water after each treatment, with the intention of regaining the magnetism he has given out during the treatment. This point is worth remembering.

4. In sending vibrations, the wrist should be stiffened, and a rapid, trembling motion made. This will very materially assist in causing the patient to feel the vibrations.

5. In increasing the circulation the student will find that by making the passes along the arteries and along the veins in the direction in which the blood flows, he can do this very readily.

6. In decreasing the circulation, the passes should be made along the arteries and veins in the OPPOSITE direction to which the blood is flowing. The student should obtain a copy of some physiology and study the circulation of the blood.

7. ALWAYS TELL THE PATIENT THE INTENTION YOU ARE HOLDING. For example, if you intend to increase the circulation in a certain part of the body, tell the patient this, as by so doing you cause him to think about it and thus gain his assistance.

Should the student desire to ask any questions, we shall be glad to answer them.

#### POSITION OF THE PATIENT DURING TREATMENT.

Throughout the General Treatment the student will often see: "Place the patient in the first position," etc.

The exact position for each case cannot be given, as circumstances have a great deal to do with it; but there are four positions which are generally used.

FIRST POSITION: In the first position the patient is in a sitting position, and may be facing the operator; may have his back to the operator, or his side.

SECOND POSITION: In the second position the patient is in a reclining position, lying either on the right or left side.

THIRD POSITION: In the third position the patient is lying upon the back.

FOURTH POSITION: In the fourth position the patient is lying upon the stomach, face downward.

These positions may be modified to suit the individual cases.

## LESSON IX.

### SPECIAL TREATMENTS.

In this section of the Course will be mentioned all the principal ailments of man, with the causes and symptoms, if necessary, and the treatment for each.

The method of treating each disease as here described is not absolute, but the writer having had much experience (certainly as much as any Magnetic Healer living) feels that to a certain extent he has the ability to decide the best method of procedure.

The diseases here given are arranged in alphabetical order for the sake of convenience in reference.

### ABSCESSSES.

CAUSES: Abscesses, or ulcers, arise in general from bad health. As with all putrid disorders, it may be engendered by crowding together a large number of diseased persons who do not attend to cleanliness, ventilation and comfort. It is sometimes an approximate of dysentery and typhus under favorable circumstances. An abscess is the same as an ulcer, except that it is confined within some part, generally the viscera, such as the lungs, liver, etc.

As matter is about to form in an abscess, chills and shivering are usually experienced, afterward a sensation of weight, pain and throbbing are felt in the part. Some abscesses come to maturity in a few days, others require months.



TREATMENT: Place the patient in the first position. Treat the nerve centers as described in General Treatment; then place the hands on opposite sides of the parts in which the pain is located, and send a current through the diseased parts, exercising the intention to cause the circulation and the secretions to become normal.

In treating this disease, especially in giving the first treatment, the operator should send a current of magnetism with as much force as possible, endeavoring thereby to arouse and increase the confidence of the patient.

If the patient is susceptible to the current, the next treatment should be given by inducing hypnosis. Before attempting to hypnotize the patient, the operator should place him upon his side, as described in the second position, treating the nerve centers, thus alleviating the pain and soothing the patient so that he will be in a position to accept the suggestion. After the patient has been taken into a hypnotic sleep, the operator should then give him the suggestion of health. He should endeavor to give such suggestions as will increase the confidence of the patient in his recovery. The third treatment may be given the same as the first, the fourth the same as the second, and so on.

#### AGUE (Malarial Fever).

CAUSES: The exciting causes of Ague are those invisible emanations coming from swampy, marshy and other damp places, that arise from the decomposition of vegetable products.

SYMPTOMS: When the attack is about to come on, the patient experiences a sense of debility or uneasiness. He is weak and languid, and often says he desires to be left alone; soon he begins to feel chilly, first along the spine, and then over other parts of the body.

The blood goes inward and leaves the skin in a "goose-flesh"

condition; the patient begins to shiver, and his teeth to chatter. The lips, ears, nails, etc., become blue, which shows congestion of the internal organs. The pulse becomes rapid, but feeble; the respiration hurried, but difficult; pains in the head and back are also experienced; the bowels are torpid; the tongue dry and coated with white.

This cold stage is gradually succeeded by the hot; the face becomes hot, congested and swollen; the skin hot and dry. The head aches, the pulse becomes rapid and strong, the breathing is deep but oppressed, and the patient is restless.

At length the skin recovers its natural softness, moisture appears on the face, a copious perspiration breaks forth, the tongue becomes moist, the pulse natural, and the patient is well again.

There are various types of Ague. When the fit occurs at the same time daily, it is called quotidian; when it occurs every second day, it is called tertian; when every third day, it is called quartian. The tertian form is the most common; the paroxysms in the quotidian are more apt to occur in the morning; in the tertian, about the middle of the day; in the quartian, toward evening. This disease usually attacks a person in the autumn or the spring; principally in the autumn.

TREATMENT: The treatment should be given, if possible, about the time the chill begins to manifest itself, and should continue until it has passed away.

The room should be sufficiently warm, so that a person in a normal condition would not suffer with cold were they clad in very light clothing.

The clothing should be loosened in such a manner as to enable the operator to place his positive hand over the Lumbar Plexus, and the negative hand over the stomach and liver alternately.

The hands should be heated as hot as the patient can en-

duce them. The object of the treatment should be to warm the patient's stomach and liver, to start the action of both in the proper manner. After the temperature of the body has been increased by this treatment, the healer should endeavor to equalize the circulation by making passes down the spinal column.

There are two points the operator should constantly bear in mind in treating this disease; first, he should begin when the chill begins, and should apply his heated hands so as to increase the circulation or raise the temperature of the body; secondly, he should reduce the temperature, or equalize the circulation, after he has increased it.

#### ALCOHOLISM.

The causes of Alcoholism are too numerous and too well-known to be mentioned. There is no question but what Alcoholism is one of the crowning evils of the day. Almost every disease in the catalogue may be induced directly or indirectly by the use of intoxicating liquors.

**SYMPTOMS:** Exhilaration, delirium, bloated features; pupils of the eyes contracted; feeble pulse, and cold skin.

The symptoms of Alcoholism should be thoroughly understood, as many men are dragged from the streets to the jails for drunkenness, when sunstroke or some other trouble is the cause.

If the patient comes for treatment while he is sober, he should be treated as follows: Hypnosis should be induced if possible, and the suggestion given to him that he will learn to rely upon his will, and that he will find as he relies upon his will the desire for the stimulant will gradually go away, and the desire for alcohol will become less and less until it goes entirely away. If hypnosis can be induced, the cure is certain.



If hypnosis cannot be induced, the healer should explain to the patient the evils that accompany the use of alcohol, and should by persuasion and suggestion endeavor to break him of the habit. Astonishing results may be obtained in this way, if the healer exercises care and forethought in his method of procedure.

#### AMENORRHOEA (Suppressed Menses).

CAUSES: Amenorrhoea, or suppressed menses, may be the result of an abnormal state of the blood; taking cold, ulcer of the stomach, immersion of the feet or limbs in cold water; sudden fright, consumption, etc.

SYMPTOMS: Pain in the head, loins and back, chilliness and nausea, palpitation of the heart and bloating of the abdomen.

TREATMENT: Give vigorous General Treatment. Instruct the patient to take breathing exercises. Plenty of exercise in the fresh air should be taken, care being taken to prevent the feet or any part of the body from getting damp. Exercise should be taken in the sunlight during the heated part of the day.

Special treatment should be given the generative organs, stimulating the circulation to a normal condition.

#### ANAEEMIA (Deficient Blood).

CAUSES: Anaemia may arise from a lack of exercise, or it may be occasioned by trouble, depression, sexual excesses, Bright's disease, mental overwork, poor food, indigestion, etc.

SYMPTOMS: Pallor of the face and lips; shortness of breath; swelling around the eyes; debility; cold hands and feet.

TREATMENT: See that the patient avoids the use of all tonics and stimulants; prescribe moderate exercise; an abund-

PLATE No. 17.



HEATING THE HANDS.

PLATE No. 11.



HEATING THE HANDS.

PLATE No. 44.



HEATING THE HANDS.

PLATE No. 10.



HEATING THE HANDS.





ance of fresh air, nutritious diet, plenty of sleep, a sponge bath taken with tepid water once a day; give the patient suggestions that will have a tendency to remove a morbid state of mind, and give thorough General Treatment once each day.

#### ANCHYLOSIS (Stiff Joint).

In some cases of inflammation of the joint, the lymph thrown out in the part afflicted becomes brown, producing what is termed "true anchylsis"; in the other case the ligaments, cartilages and tendons connected with the joint become rigid and paralyzed, and in some degree wasted, producing what is called "false anchylosis."

TREATMENT: When true anchylosis is formed there is little hope of a cure, except by a surgical operation for making a false joint.

In false anchylosis, the limb should be thoroughly rubbed between the negative and positive hands. Heat the hands very hot; placing the positive hand upon one side of the joint, the negative hand on the other, exercising the intention of throwing a current through the affected part (see cut No. 21). After a few minutes of this treatment, reverse the position of the hands. Place the leg of the patient over your own so that his knee-joint is over yours, and with the hands resting on the patient's leg just above the foot, press down with as much force as the patient can bear without pain (see cut No. 22). This is done to loosen the joint.

The intertior should be held to increase the circulation throughout the afflicted joint, thus starting the secretions which lubricate the joint.

#### ANGINA PECTORIS (Neuralgia of the Heart).

Those who suffer with this disease are usually of the male sex, and are usually more than forty years of age. This ail-

ment is caused from rheumatism, tobacco, exposure nervous exertion, etc.

SYMPTOMS: The pain varies in intensity, sometimes being agonizing in its acuteness, and again assuming a milder form. The action of the heart is more or less disturbed, and a feeling of numbness is experienced through the parts affected by the pain.

The paroxysms usually last but a few minutes, and again they extend over a period of several hours. Persons suffering from this disease are liable to sudden death.

Give General Treatment, then give special treatment by placing the positive hand on the spinal column back of the heart, and the negative hand on the opposite side over the heart, and exercising the intention of reducing the pain and of restoring the health by equalizing the nervous forces and the circulation (see cut No. 23).

#### ANI PHOLAPSUS (Pallor of the Bowels).

This is caused by general poor health, constipation, worms, and straining at stool.

The intestines should be carefully pushed back, and for a short time after each passage the patient should assume a reclining position and lie perfectly quiet.

TREATMENT: Heat the hands slightly, place the negative hand over the abdomen, and the positive hand over the lower part of the Sacral Plexus. Move the positive hand slowly upward, exercising the intention of carrying the blood out of the inflamed bowel. Continue the movement for fifteen or twenty minutes, and then give the bowels special treatment in order to loosen them, so that the patient will not strain in the act of stooling.

## ANTHRAX (Carbuncle).

Anthrax is simply a large boil; for treatment, see "Boils."

## APHASIA (Loss of Speech).

This is a form of Paralysis, and is caused usually by some injury or disease of the brain; usually the side of the brain opposite the affected half of the body.

SYMPTOMS: Partial or total loss of speech.

TREATMENT: See that the patient takes plenty of exercise; as much as he can, without becoming exhausted; regulate the action of the bowels, increase the circulation throughout the entire body by vigorous General Treatment; special treatment for the paralyzed parts should be given in order to stimulate the circulation throughout that particular part; this is done by placing the positive hand over the Cervical Plexus, and the negative hand over the prominence known as Adam's Apple, and exercising a strong intention of stimulating the circulation throughout the vocal cords and forcing a healthy secretion therein (see put No. 24).

Instruct the patient to take breathing exercises, and to refrain from talking when out of doors. Keep the skin clean and healthy, and look carefully after the habits of the patient.

## APPENDICITIS.

The supposed cause of this disease is the entrance of foreign bodies into the appendix vermiformis. The popular idea that grape seeds or cherry seeds cause this disease is erroneous.

SYMPTOMS: Pain in the lower part of the abdomen, which returns again and again; muscles over the pain rigid. In a short time a tumor will form. This disease usually occurs between the ages of seven and thirty.



Give General Treatment; place the heated hands on the opposite sides of the painful parts; exercising the intention of reducing the inflammation. Give special treatment for the purpose of stimulating the circulation in the bowels.

See that the patient has an abundance of fresh air, and see that he eats sparingly.

#### APOPLEXY.

CAUSES: Apoplexy is caused from the excessive use of alcohol, old age, gormandizing, fits of anger, of terror, or of sorrow.

SYMPTOMS: Blurred vision and defective memory. The afflicted person is usually stricken suddenly and becomes unconscious at times: the face becomes flushed, the breathing irregular; the temperature is usually low, and paralysis of one side usually takes place.

TREATMENT: See that the patient is in a cool place, free from noise and excitement of any kind. He should be placed in a half-sitting, half-reclining position, in order to assist the treatment for drawing the blood away from the head (see cut No. 25). Give feet and hands vigorous treatment, and the body General Treatment.

The hands and feet should be kept hot and the head cool. Care should be taken to see that the tongue of the patient does not fall back into the throat.

Give the treatment for constipation, and see that the bowels are kept well open. Give vigorous treatment to the paralyzed muscles by kneading, and by making vigorous passes with the heated hands over the afflicted parts, with the intention of increasing the circulation throughout these parts. All stimulating food should be avoided; the patient's room should be well ventilated. When treating, the intention

should be held at all times to draw the blood away from the head.

#### GOUT (GOUT).

Arthritis seldom occurs during youth. It is hereditary and usually recurs in the person who has once been afflicted. It affects the male sex, and usually the intemperate; however, this is not always the case. The disease occurs for the most part in robust men, and in one sense is a good omen, for it shows the system has the power to expel morbid matter from the vitals, and drive it to the extremities. People are generally better after an attack of the gout than they were before.

CAUSES: A great many persons take pride in stating they have gout because it denotes high living. It denotes high living if wine-bibbing, gluttony and animalism generally can be called high living.

SYMPTOMS: Pain in the joint of the big toe; the pain is very peculiar. At first there is very little inflammation, but afterwards the painful joint becomes red and swollen. The disease usually becomes worse and more frequent in its attacks as the patient grows older.

TREATMENT: Place the patient in the first position; give General Treatment, and give the stomach and digestive organs General treatment, by placing the positive hand over the Lumbar Plexus and the negative hand over the abdomen, sending a current through the stomach. Then place the positive hand over the kidneys and the negative hand over the abdomen, sending a current through the kidneys for the purpose of causing them to perform their work properly. Give feet treatment by placing the heated positive hand on one side and the negative hand on the other, exercising the intention of stimulating the circulation throughout the diseased part (see cut No. 28).

Little food should be eaten while the attack lasts. If possible, the patient should do without food altogether.

#### ASTHMA.

This is a very distressing ailment, and the symptoms cannot well be mistaken. The patient acts usually as though he were suffocating, and his countenance is a picture of horror; his eyes are prominent, and the veins of the forehead are distended with blood.

SYMPTOMS: The bowels are relaxed, the urine is colorless and passes in great quantities, indicating great excitement of the nervous system. The voice is hoarse, the breathing noisy and wheezy. There is a fullness in the stomach. The attacks last from a few minutes to several days, and an attack may be brought on by almost anything, such as a cloud of dust, perfume of flowers or nervous excitement.

TREATMENT: Give General Treatment. Give the throat and bronchial tubes special treatment by heating the hands extremely warm, and placing the positive hand on the Brachial Plexus, the negative hand in the front, manipulating the muscles of the chest (see cut No. 27). Instruct the patient to take deep breathing exercises.

#### BILIOUSNESS (Biliary Calculi).

CAUSES: Fats, sugar, eating too much, stimulants, malaria, and sedentary habits.

SYMPTOMS: Headache, nausea, coated tongue, depression of the spirits, vomiting, lizziness, specks floating before the eyes.

TREATMENT: Give vigorous General Treatment. Give special treatment for liver and stomach by placing the positive hand over the liver and the negative hand over the Lumbar Plexus,



sending a current with the intention of equalizing the circulation and quieting the nervous system.

### BOILS.

In this disease there is in the beginning some degree of hardness to be felt under the skin; this gradually increases in size. The swelling becomes more and more painful, and usually in the period from the third to the ninth day, assumes a conical form; the apex becomes yellow and soon the skin gives way, and one might think from its appearance that the boil was at the point of discharging freely. About this time a small quantity of bloody matter oozes forth, leaving a sore behind, which is much larger than the opening. In three or four days more this is discharged, after which the coil immediately gets well.

The occurrence of boils is evidence that the internal organs have become invigorated so that they have the power to throw the morbid matter further from the vitals to the surface.

For Magnetic Healing to be effective in the cure of boils, the treatment must be given when the boils begin to form. After the usual collection, or after the boil has reached a certain point, the best means of relief is to allow the boil to break.

TREATMENT; The operator should heat his hands thoroughly, and place his positive hand over the center of the boil, exercising a strong intention to force the blood vessels to carry away the extra amount that is being deposited at this point. Before beginning to treat the parts inflamed, the operator should give General Treatment. If these directions are followed carefully, the boil can be removed in a very short time. Bandages saturated with magnetized water will often assist in relieving the pain.

## IMPURE BLOOD.

Nine-tenths of the human family are afflicted more or less with this ailment. There are but three things in this world that will make pure blood; they are, pure air, pure food, and pure water.

TREATMENT: See that the patient lives hygienically; that is, see that he eats pure food in moderate quantities, and that he takes sufficient exercise; prescribe a tepid bath once or twice daily, and have him drink freely of pure water, taking half a pint of hot water before breakfast each day.

## BRIGHT'S DISEASE.

This is a sort of consumption of the kidneys; it may be either acute or chronic. There is apt to be dropsical swelling of the abdomen or legs, or both, and the disease is apt to lead to some fatal malady.

TREATMENT: See that the patient avoids fat and oily foods, and see that he lives hygienically. Give each day a thorough General Treatment, and have him take as much exercise as possible without causing fatigue. Place the patient in the first position; heat the hands, placing the positive hand over the kidneys and the negative hand over the abdomen opposite the kidneys. Send a current through the kidneys, exercising a steady intention of forcing healthy secretions, and equalizing the circulation.

## BRONCHITIS (Inflammation of the Bronchial Tubes).

Bronchitis is an inflammation of the mucous membrane that lines the bronchial or air tubes of the lungs. It is a very common affliction. Often it is but a trifling affair, while some cases assume a most dangerous character.

SYMPTOMS: In a very severe case the symptoms are about the

PLATE No. 14.



PLATE No. 12.



PLATE No. 13.



PLATE No. 19.







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same as those in pneumonia, except that the pain in bronchitis has more the character of soreness than of real deep-seated pain as in pneumonia, and this soreness is for the most part located in the upper and front part of the chest; whereas, in pneumonia it is more apparent in the lower part of the lungs, that portion being the first to become inflamed in that disease.

In bronchitis the expectoration has not that thick, tough character that it has in pneumonia, nor has it that rusty appearance which is so characteristic of the latter disease, although it may sometimes be streaked with blood.

TREATMENT: If the case is severe, treat the same as lung fever (see page 92). In the treatment of a common cold of the lungs, which is a slight form of bronchitis (see page 83), the throat and chest should be well rubbed with the positive hand, the negative hand being on the Brachial Plexus. Instruct the patient to take breathing exercises.

#### BRUISES.

In all manner of contusions and bruises, such as arise from falls, etc., keep the bruised part bound in bandages that have been dipped in cold water.

Heat the hands very hot and make passes away from the bruised place, exercising the intention of increasing the circulation throughout the part, and carrying out the disease matter contained therein.

#### BUNIONS.

Bunions are the result of wearing shoes that do not fit properly. The shoes should neither be too tight nor too loose, the result being in either case, diseased feet.

A bunion consist of a painful swelling on the inner side of the great toe joint, although the same thing occurs sometimes

on the instep. The beginning of the bunion is first known by pain and redness, accompanied by swelling; if, as soon as these symptoms manifest themselves, the pressure on the part is entirely released, the trouble will go away, after which the tenderness and redness will disappear, but the afflicted part feels as though it were full of fluid and gradually becomes hard; in other cases the part becomes ulcerated, forming a fistulous opening that it is almost impossible to heal.

TREATMENT: Give local treatment; manipulate thoroughly, exercising a strong intention to stimulate the circulation, to carry off the disease condition, or extra accumulation that may have been deposited.

### CANCER.

This is one of the most dreadful diseases to which mankind is heir. Before and at the time of cancer there is a state of general ill health; the appetite is variable, and the patient is languid, depressed and emaciated.

SYMPTOMS: It is usually small in the beginning and increases gradually, and though the skin changes to a red appearance, and the tumor from an indolent to a painful one, the progress is slow according to the concurring causes. A cancerous tumor never melts down in suppuration; it generally becomes prominent in some minute point, attended with an increase of a peculiar kind of shooting and burning pains, but with a less degree and deeper in the body of the gland than before.

TREATMENT: The treatment for cancer should be general. The patient should receive thorough General Treatment once a day, and his habits should be generally looked after. Place the positive hand over the cancer and the negative hand on the body opposite; send a current, exercising the intention of equalizing the circulation. Keep the cancer covered with



a magnetized cloth while treating. Rub around the cancer, always rubbing away from the center. This is done to stimulate the circulation, thus carrying off in solution the poisonous matter.

Place the patient in the third position and give hypnosis treatment.

Cancer is not an incurable disease, as is commonly believed, but by this method of treatment a large number of cases have been cured.

#### CANCER OF THE STOMACH.

The symptoms are the same as those of Gastritis. It is a very painful affection, and is considered quite dangerous.

TREATMENT: The treatment should be the same as outlined under Gastritis (see page 97). Suggestions to raise the spirit of the patient should also be given.

#### CANKER.

Canker is that form of stomatitis in which white ulcers locate on the inner side of the upper lip, the tongue, or roof of the mouth.

TREATMENT: The treatment should be general, as the disease is caused by impure food, want of exercise, uncleanliness of the mouth, etc.

The mouth should be thoroughly cleansed by washing it with pure water many times a day; the bowels should be kept well regulated, and the diet should be sparse for a time. Give vigorous General Treatment to regulate the circulation.

#### CATARACT.

Cataract is an opacity of the crystalline lens or its capsule.

TREATMENT: Give the eye special treatment by placing the

heated positive hand over the base of the brain, negative hand over the eyes, and send a current with the intention of stimulating the circulation and thus carrying off in solution the cataract. Give General Treatment and see that the patient's habits are what they should be. Strive to equalize the circulation throughout the entire body. Place the tips of the fingers on the eyelids of the patient, and rub gently with a circular motion, exercising the intention of stimulating the circulation throughout the eye (see cut Nc. 38).

#### CATARRH, ACUTE GASTRIC.

CAUSES: Improper diet; sudden changes in the temperature.

SYMPTOMS: Pain in the stomach, dizziness, spots floating before the eyes, sick headache, vomiting, bad taste and coated tongue.

TREATMENT: Place the patient in the first position and give General Treatment. Give the stomach special treatment by placing the positive hand on the back opposite the stomach, the negative hand on the abdomen over the stomach, and exercise a strong intention of stimulating a healthy secretion. Move the negative hand over the stomach, so that the current passing from one hand to the other will pass through every part of it.

#### CATARRH, ACUTE NASAL.

This is an acute inflammation of the mucous membrane lining the nasal passage, and may confine itself to those parts, or it may affect the pharynx, larynx, and the cavities communicating with the nasal passages.

It is usually caused by impure blood, bad circulation and debility. People who are otherwise healthy and vigorous are very seldom troubled with catarrh. It is found in certain

localities more than others, but it is rather general throughout the country.

SYMPTOMS: The attack is usually preceded by a chill, or a chilly sensation, and a feeling of weakness; this may be followed by a slight fever. In a few hours the discharge begins, which is usually copious, and which becomes thick and yellow. The inflammation sometimes extends to the Eustachian tube, which causes deafness or ringing in the ears.

TREATMENT: In severe cases prescribe a hot foot bath at night, after which the patient sit should near a fire and warm the feet thoroughly; then place him in bed, wrapping his feet in warm flannel cloths. Give vigorous General Treatment; see that the stomach and bowels are kept loose by special treatment. Instruct the patient to take breathing exercise and to drink plenty of pure water.

#### CATARRH, CHRONIC NASAL.

CAUSES: Constitutional disease; unfavorable climate, exposure, inhalation of dust or gases, etc.

SYMPTOMS: The symptoms of catarrh are many and varied, but the disease is so well known that a description of it is deemed unnecessary.

TREATMENT: As the nose system is affected more or less by catarrh, General Treatment should always be given. Give special treatment by placing the positive hand over the base of the brain, the negative hand over the root of the nose between the eyes, with the intention of increasing the circulation throughout the nostrils. The hands should be heated as much as possible. Now reverse the position and grasp the nose between the thumb and fingers of the positive hand (see cut No. 28). Squeeze the nostrils tightly and then release the pressure. Repeat ten or fifteen times. Do not hurt the patient in this treatment. Have the patient snuff warm mag-



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netized water up the nostrils three times a day; just before each meal. The water should be snuffed until the nostrils are thoroughly cleared. The patient should pour the water in his hands and snuff it from there. When the water passes through the nostrils into the throat it should be expectorated.

#### CHICKEN POX (Varicella).

This disease is not considered of much importance and is rarely dangerous. It occurs in two varieties; in the first the vesicles are small, but slightly elevated, and contain a colorless fluid. The vesicles appear on the first day, and are at first small, pointed, transparent and red. For two or three days they increase in size; on the second or third day the fluid in them has a milky appearance, and they become more or less shrivelled in appearance and are surrounded by a red border; the fifth or sixth day they become changed into small brownish scales; from the ninth to the tenth day they fall off.

The second variety, which is more appropriately called "swine-pox," comes on in a similar manner as the first. The red points are quickly replaced by large round vesicles, containing a transparent fluid, which becomes opaque on the second day of the eruption.

TREATMENT: The bowels should be kept well open; the patient should be kept in a cool atmosphere, and in a place where repose can be had; the diet should be sparse. If the disease proves severe, the patient should be treated in the same manner as in small-pox.

#### CHILBLAIN.

CAUSES: Although cold is the primary cause of this affection, heat is the exciting one.

Chilblain is nothing more or less than a weakened condition.

of the minute capillaries of the part. They have not the power to contract, so that too great an amount of blood is allowed to remain in them.

Give the affected parts special treatment by placing the heated positive hand over the seat of pain, exercising the intention of equalizing the circulation.

#### CHOLERA INFANTUM.

This disease is caused by impure blood or a hot temperature. It commences with the hot weather, and becomes more fatal with the rise of the temperature, and declines with the cool weather in the autumn. Bad diet in the mother, as well as the child, has much to do with it.

TREATMENT: See Dysentery.

#### CHOLERA MORBUS.

This usually occurs during the hot months; the attack may be sudden or it may be preceded by a sensation of uneasiness. or pains in the breast.

CAUSES: It is caused usually by eating indigestible foods, such as unripe food and improperly cooked vegetables. Stimulating drinks also favor the production of this disease.

SYMPTOMS: Nausea, vomiting and purging are the most prominent symptoms. The passage from the bowels is at first thin and yellow, finally becoming colorless. Severe pains and cramps usually follow the vomiting. The vomiting and purging occur in paroxysms, gradually becoming less frequent until a reaction occurs, and the patient gradually recovers. It may be accompanied by short and rapid pulse, yet the surface may be cool.

TREATMENT: Give vigorous general treatment, and special treatment for the feet and limbs. The operator should spare neither strength nor time in treating this disease. Manipu-

late the feet and limbs, exercising the intention of increasing the circulation.

#### CHOREA (St. Vitus' Dance).

Chorea, or St. Vitus' Dance, consists of an alternately tremulous and jerking motion of the face, legs and arms, especially when called into action.

Usually the disease begins with convulsive movements of the face or the limbs, and gradually spreads until the entire body is affected; these convulsions are usually suspended during sleep, but this is not always the case.

Chorea is for the most part a disease of youth, and it may last for a day only, or it may last for years. It occurs more frequently in girls than boys.

CAUSES: Terror is beyond all question the most frequent exciting cause of chorea. Irritation of second dentition sometimes causes it; whatever would tend to debilitate the system generally may be considered, in connection with age and sex, as predisposing to Chorea through the frequent disturbance which such a state of the system occasions in the nervous centers.

TREATMENT: Give General Treatment. Manipulate the entire body. Give the stomach and bowels special treatment. Hypnosis should be induced, if possible, and suggestions of a quieting nature given.

#### COLIC (Ileus).

Colic is a term applied to griping pains in the abdomen, which are sometimes accompanied with nausea and vomiting. It is attributed to a vitiated state of the secretions and weakness of the bowels generally.

SYMPTOMS: Twisting pains in the bowels, particularly about the stomach, alternating with intervals of ease, vomit-



PLATE No. 21.



PLATE No. 15.



PLATE No. 22.



LATE No. 16.





ing, constipation and anxiety, with little febrile excitement.

TREATMENT: Give General Treatment; give the feet and hands vigorous special treatment, by placing the hands on the opposite sides of the members, and exercising a strong intention of forcing the blood in the hands and feet. Give the stomach and bowels special treatment, with the intention of forcing healthy secretions.

### COLIC, PAINTERS'.

CAUSES: It is usually caused by coming in close contact with lead, such as falls to the lot of plumbers, painters, printers, etc.

SYMPTOMS: The gums become bluish in color, sometimes the whole mucous membrane of the mouth becoming thus discolored; the teeth become discolored and there is a sweetish taste in the mouth, accompanied with a peculiar fetor of the breath, sallowness of the skin, emaciation, small pulse, constipation, etc.

TREATMENT: Give the patient thorough General Treatment with the intention of equalizing the circulation, and stimulating the excretory organs to healthy action in order that they may expel the poison from the system. See that the circulation is good throughout the extremities.

Instruct the patient to take breathing exercises, and see that the habits are hygienic in every way.

### CORNS.

Corns are too well-known to need any description. The chief symptom of a corn is PAIN.

CAUSES: Wearing shoes of improper size and shape.

TREATMENT: Bathe the feet in hot water night and morning; when the corn becomes soft, it should be cut away.

Vigorous special treatment should be given the corn by rub-



bing the part with the positive hand, exercising at the same time the intention of equalizing the circulation.

#### WHOOPIING COUGH (Pertussis).

This disease is named after the peculiar sound which accompanies the cough. It occurs mostly in childhood.

TREATMENT: See that the patient lives hygienically. The diet should be light and spare; the clothing should be loose; the water drank should be soft and pure. As much soft water as the patient desires should be given during the paroxysms.

Heat the hands very hot and place the positive hand over the throat, the negative hand over the Cervical Plexus, and send a current with the intention of allaying the inflammation and of stimulating healthy secretions in the throat. Give General Treatment, with the intention of equalizing the circulation and the nervous forces throughout the body.

#### CONSUMPTION (Pneumonia Pulmonalis).

This dire disease is, on the whole, the most formidable and the most feared of any that affects the race. The general prevalence, the insidious attack and the distressing fatality of it demand the special attention and investigation of every thinking person. None are exempt; rich and poor, good and bad, alike furnish its victims.

Epidemics of cholera and yellow fever, and diseases of similar character, occasion widespread alarm and receive the most careful consideration for their prevention and cure, while consumption receives scarcely a thought; yet the victims of consumption far outnumber those of cholera, yellow fever, small-pox and such diseases.

The common idea that consumption is confined entirely to the lungs is an erroneous one; the lungs are merely the scene

of action, and every part of the system is involved to a greater or less extent.

The causes of consumption are many, but all may be classed under two heads--constitutional and local. Constitutional predisposition must first give rise to conditions that will admit of the formation of the tubercular matter before any cause whatever can occasion its local disposition.

The predisposing causes are scrofula, debility of the parents, climatic influences, sedentary habits, depressed emotions; in fact, anything that impairs the vital forces and interferes with the perfect elaboration of nutritive material.

The idea that consumption is hereditary is erroneous, statistics have been submitted which go to show that consumption is not hereditary, but is brought about by the long-confirmed belief in its hereditary tendency. People born of consumptive parents seem to imagine that they are predisposed to die of consumption.

The exciting causes are those which arouse the predisposing ones into activity; such as dyspepsia, nasal catarrh, colds, bronchitis, pneumonia, &c.

**SYMPTOMS.** The symptoms of consumption are usually divided into three stages, between which no strong dividing line can be given. Paleness, emaciation, accelerated and difficult breathing, increased frequency of the pulse, an increased temperature and general debility are characteristic symptoms. Notwithstanding the prevailing opinion that consumption is incurable, there exists ample evidence to the contrary; it can be cured. Cases may go so far, however, that nothing can be done when the patient comes for treatment. It is a peculiar fact, nevertheless true, that the person who has consumption always denies it until the disease has progressed to such a point that a cure is impossible. If taken in time, consumption may be cured.

There is an institution in Germany where a large per cent of the patients are cured, even when they have passed into the second degree of the disease. The treatment consists in exposure; no doors or windows are in the rooms of the patients, and the inmates are compelled to sleep in the rooms without heat, in all kinds of weather; and if caught in the rain, they are not permitted to change their clothes, but remain in them until they become dry.

The average person who has consumption is wrapped to the point of suffocation whenever he steps out of doors, and remains in the house, where he receives comparatively fresh air, and, in fact, does everything possible to hasten the action of the disease. The person with consumption should have all the air possible; this does not mean that unnecessary exposure should take place, but there is far more danger in being too warm than too cold, or being in the house too much and not out of doors enough.

TREATMENT: The treatment of consumption is not, as might at first be imagined, complicated. It must be that which will restore the general functions of the body. The patient should take regular and systematic exercise, being careful to stop at a point short of exhaustion. The food should be plain and nourishing, and should not by any means consist of dainties. The greatest thing, however, in the treatment of consumption, is pure air and plenty of it. The bath should be used at least once a day, and a vigorous General Treatment should be given once a day, with the intention of accelerating the circulation. Give the lungs special treatment as outlined under Pneumonia.

The patient should practice the breathing exercise several times a day, being careful to terminate the exercise before the lungs become excited. It is better to have short exercises many times a day than one or two long exercises.



## CCNSTIPATION (Costiveness).

Health depends very largely upon the regularity of the bowels. Very few persons have not at some time in their lives suffered from constipation. Inattention to the calls of Nature, or a neglect to regularly attend to those important duties, sooner or later produces disastrous results. It is essential to the comfort of every individual that these duties be attended to, for when this function is not performed there is a derangement of the mental as well as the bodily organs.

Constipation is a derangement of the large intestine, the fecal matter being retained until it is decomposed; then injury follows because the fluid portions are absorbed, conveyed into the blood, and thus corrupt it with impurities.

SYMPTOMS: One symptom is abundant secretion of the urine, as limpid as water; another is a hardness of the feces and the great difficulty of voiding them. The influence of constipation upon the functions of the liver is indicated by the sympathy displayed between that organ and the mind; the patient manifests apprehension, mental depression and melancholy.

CAUSES: Disregarding the calls of Nature, inactive life and sedentary occupations, improperly prepared food, etc.

TREATMENT: The healer should insist that the patient does not disregard the intimation of Nature, but should always respond to the call. The patient should strive to have a passage at the same time each day; at first this may seem impossible, but in a short time it will become a habit, and the bowels will move regularly at the same time each day. Prescribe a glass of hot water the first thing on rising, and a glass just before retiring at night.

Place the patient in the first or second position and give General Treatment. Give the bowels special treatment by

placing the heated positive hand over the Sacral Plexus, and the negative hand over the abdomen opposite, and sending a current, exercising a steady intention of forcing healthy secretions in the bowels (see cut No. 29).

Manipulate the colon thoroughly with the left hand, at the same time keeping the positive hand over the Sacral Plexus (see Plates Nos. 30, 31 and 32). In this the operation should begin at the caecum and should be gradually worked over the entire colon; this is done in order that the operator's hand may travel in the same direction as the effete matter, and NEVER in the opposite direction.

If the case is an obstinate one, the bowels should be thoroughly kneaded (see cut No. 33). Care must be exercised in this movement that the pressure is not great enough to cause pain. Place the positive hand on the Cervical Plexus, and the negative hand on the center of the abdomen; move the positive hand slowly to the Sacral Plexus, exercising a steady intention of carrying the blood into the bowels. Continue this from ten to fifteen minutes. The positive hand should not touch the patient as it is brought back from the Sacral Plexus to the Cervical Plexus. Instruct the patient to take breathing exercise.

This is one of the most common and most troublesome diseases, and yet it is almost certain to yield to this treatment.

#### CRAMP.

This is the involuntary contraction of a muscle or muscles, and is usually accompanied by acute pain. It may affect any muscle of the body, and is usually a symptom of some other disorder; usually it is of short duration, but sometimes lasts a considerable time.

CAUSES: Great muscular exercise; disease of the rectum or lower bowel; exposure to cold, as in the case of swimmers.

TREATMENT: Rub the affected part vigorously with the nested hands, exercising the intention of stimulating the circulation throughout the affected part. Give thorough General Treatment.

#### CROUP (Laryngitis Stridulosa).

This is one of the most violent and dangerous inflammations. It is usually an inflammation of the mucous membrane of the trachea, and extends to the bronchia and larynx; sometimes a false membrane is formed in the windpipe, producing death.

SYMPTOMS: Croup usually appears as a common cold, which gradually grows worse; a peculiar shrill singing tone of the voice appears, and after two or three days a wheezing sound at inspiration; the cough becomes dry, and any mucus spit up is purulent in appearance.

TREATMENT: The treatment must be prompt and decided, as the disease is rapid in its action. The fever must be kept down from the first; this is absolutely necessary. Treat the neck and chest as described under "Cold." See that the bowels are kept well open. Give General Treatment. Keep the feet warm, and avoid exposure.

#### DEAFNESS.

This trouble is too well known to need any description.

TREATMENT: Place the patient in the first or second position and give General Treatment. Instruct him to take breathing exercises in the open air once or twice a day. Also instruct him to take deep breaths and close his mouth tightly, and at the same time holding his nose so that no air can escape through the nasal passages, and force the air through the Eustachian tubes of the ears. He will know when he suc-



ceeds in doing this by the cracking and popping sound which takes place when the air is forced through. The patient should not strain his ears by trying too hard, but should make a steady, though not violent, effort to force the air through.

Give the ear special treatment by placing the first finger of the positive hand in the right ear and the first finger of the negative hand in the left ear, at the same time sending a current with the intention of stimulating the auditory nerves to healthy action. If there is an obstruction in the ear, press firmly with the fingers, which will form a vacuum in the ear, and remove them suddenly. This will usually remove the obstruction (see cut No. 34). Also use folder (see cut No. 19).

#### DIABETES.

SYMPTOMS: Voracious appetite and insatiable thirst; dry, harsh skin, and a clammy, unparched, but sometimes reddish tongue. As the disease progresses it is accompanied with a hay-like scent or odor issuing from the body, with a similar sort of halitus exhaling from the lungs. The mind is dubious and forgetful; the patient is dissatisfied and irritable and distrustful; very anxious for relief, but wavering and unsteady in the means proposed. The amount of urine is more than natural; the flesh often wastes rapidly.

CAUSES: The causes of this disease are in a great part unknown; however, whatever debilitates the system tends to bring about the condition of this disease; old age, intemperance, diseased liver and gout may also bring it about.

TREATMENT: The objects in treating this ailment are to restore as far as possible the defective power of the digestive organs, to cut off the supply of saccharine matter, and to support the strength.

It does no good to keep the patient from drinking water,

PLATE No. 24.



PLATE No. 27.



PLATE No. 18.



PLATE No. 23.







as often as has been done, but he should be allowed all he wants. Very little food should be taken; the less the better. Place the patient in the first or second position and give general treatment. Give the kidneys special treatment by placing the heated positive hand over the right kidney, and the negative hand over the abdomen opposite. Send a current with the intention of stimulating the kidney to healthy action. Treat the left kidney in the same way. Give hypnotic treatment if possible.

### DIARRHEA.

This is an affection which is characterized by an unnatural and frequent evacuation from the bowels of a morbid soft liquid. Diarrhea is said to be bilious when the discharges are composed mostly of serum highly colored with yellow and green bile; catarrhal, when they are of a semi-transparent mucous character; serous, when the discharges are thin and watery, sometimes mixed with blood, bile, or ingesta.

CAUSES: The cause are many and varied; it may be brought on by cold and wet; improper and indigestible articles of food; uncleanliness; impure water and air.

SYMPTOMS: The symptoms are usually at first those of indigestion; fullness in the stomach, flatulency, and colicky pains. There may be an unpleasant sinking sensation in the abdomen, and with the discharge feeble pulse and cool skin.

TREATMENT: Ascertain the cause, if possible, and remove it. See that the patient's habits are hygienic, and that his surroundings are as they should be. He should drink plenty of pure water, and he should keep perfectly quiet. In very severe cases it is best for the patient to lie down constantly.

Place the patient in the second position and give general treatment.

Give the bowels special treatment by placing the positive

hand over the Sacral Plexus, and the negative hand on the abdomen opposite. Move the positive hand slowly upward, exercising the intention of carrying the blood out of the bowels. When the hand has reached the Lumbar Plexus, bring it back (without touching the body) to the Sacral Plexus. Continue this treatment for some fifteen or twenty minutes.

#### DROPSY OF THE CHEST (Hydrothorax).

This is characterized by a sense of oppression in the chest; livid countenance; urine red and spare; irregular pulse, palpitation and starts during sleep.

At first the disease does not seem dangerous, its course being gradual and almost imperceptible; after a time, however, the breathing becomes oppressed and a slow fever lingers about the system; the difficulty of breathing becomes distressing and the patient cannot rest in a reclining position. This disease is found chiefly in persons of advanced age.

TREATMENT: See Cellular Dropsy. (page 85).

#### OVARIAN DROPSY.

TREATMENT: See Cellular Dropsy (page 85)

#### DROPSY OF THE SCROTUM (Hydrops Scroti).

This disease is sometimes called Hydrocele. It generally advances slowly and without pain. The scrotum in this affection has been known to attain the enormous weight of sixty pounds. It is known by the transparency of the swelling, which is such that a candle may be seen through its contents.

CAUSES: Blows, wounds, and affections that may cause Dropsy in the other parts.

TREATMENT: See that the patient has as little food as possible.

Place the patient in the first or second position and give

General Treatment. Give the scrotum special treatment by placing the positive hand over the Sacral Plexus, and the negative hand over the scrotum, and sending a current with the intention of stimulating the circulation, so as to assist in carrying off the surplus water in the scrotum.

#### DROPSY OF THE ABDOMEN (Hydrops Abdominis).

The fluid in Dropsy of the Abdomen is contained in either the affected organ or in the cavity of the abdomen.

TREATMENT: See Cellular Dropsy (page 85).

#### DROPSY, CELLULAR.

CAUSES: Debility is the great predisposing cause of this form of Dropsy. Liquors, fevers, exposure to cold, loss of blood, gout, scrofula, or disease of some internal organ, seem to induce it.

SYMPTOMS: The face and the eyelids are surcharged and bloated; the complexion sallow and waxy; a general inactivity pervades all the organs, and consequently all the respective functions; the pulse is slow; the bowels costive; respiration is troublesome and wheezy; the appetite fails; the muscles become weak, and the general frame becomes emaciated. An unquenchable thirst and a perpetual fever often attend the disease.

TREATMENT: The great cause being the result of debility, the treatment should be such as will restore the general health. This is done by looking well to the habits of the patient. The diet should be very sparse and of an unstimulating nature. Give the afflicted parts special treatment by placing the positive hand over the plexus that is nearest to the diseased parts, and the negative hand over the parts, and sending a current with the intention of stimulating the circulation, in order to assist in carrying off the surplus



water. Give the kidneys special treatment, as outlined under Diabetes. Instruct the patient to take deep breathing exercises.

## LESSON X.

### DYSENTERY.

Dysentery, or Bloody Flux, is an inflammation of the mucous membrane of the large intestines, with ulceration of the affected parts. The disease is accompanied with nervous prostration, and is distinguished by severe pains in the abdomen; frequent, scanty and bloody stools. The attack is sometimes ushered in with a chill, and aching pains in various parts of the body.

SYMPTOMS: Loss of appetite; dull pains in the abdomen, and weariness.

TREATMENT: Give vigorous General Treatment. .

### DYSMENORRHEA (Painful Menstruation).

Menstruation, like other functions of the body, should take place without pain, but this is very often not the case, and distress sometimes commences twenty-four hours before the flow begins, and continues with increasing pain, sickness and vomiting, until the patient is compelled to go to bed. Commencement of the flow often brings relief. The pain may be felt in the back and loins, and is of a lancinating character in some, neuralgic in others, and sometimes is more like colic.

TREATMENT: The treatment should be such that it will bring the circulation of the blood to the surface, and increase the perspiratory functions. Give hot foot and sitz bath, cover the patient warmly in bed, and heat the extremities, back and thighs thoroughly, by vigorous magnetic treatment. The

patient, if possible, should walk in the open air, and the distance should be regularly lengthened.

Place the patient in the first or second position and give General Treatment. Give the generative organs special treatment by placing the heated positive hand over the Sacral Plexus, and the negative hand over the abdomen opposite, sending a current with the intention of equalizing the circulation throughout those parts and alleviating the pain.

#### DYSPEPSIA.

It is a well-known fact that a great number of diseases or complaints are caused primarily by indigestion. A millionaire with poor digestion is a poor man, and needs the sympathy of the community in which he lives. A healthy digestion aids very materially in making a cheerful disposition and a generous mental organization.

Dyspepsia may commence and proceed so gradually as to fail to excite the suspicion of friends; although the sufferer usually desires active treatment.

SYMPTOMS: When the disease becomes confirmed, the symptoms are weight, uneasiness, or fullness in the region of the stomach, impatience, irritability, sluggishness, anxiety and melancholy, poor appetite, bad taste in the mouth, flatulency, drowsiness, bad dreams, offensive breath, sick headache, disturbed sleep, heartburn, etc.

Dyspepsia is caused by overworking the body or mind, poor food, eating indigestible articles, overloading the stomach, irregularity of meals, bad habits, etc. Whatever diminishes the general strength, impairs the health, or the functions of life, also hinders the perfect solution of food and disturbs, in a measure, digestion.

TREATMENT: The healer should see that the habits of the patient are hygienic, that the food eaten is prepared prop-

erily; that the patient bathes regularly and often, and that he takes a reasonable amount of exercise in the open air.

Place the patient in the first or second position, and give General Treatment. Instruct him to masticate his food thoroughly; to eat very slowly. Give the stomach special treatment, by placing the heated positive hand over the Lumbar Plexus, and the negative hand over the stomach. Send a current, exercising the intention of stimulating the lining of the stomach to healthy action. See that the bowels are kept open.

#### EPILEPSY.

CAUSES: The predisposing causes are a hereditary tendency to this disease, and anything which impairs the constitution, such as abuses of all kinds, alcoholic liquors, etc.; the exciting causes are indigestible foods, costiveness, deep emotion, insomnia, etc.

SYMPTOMS: The subject loses consciousness suddenly; rigidity of the muscles, eyes turned back; foaming at the mouth; the countenance becomes purple. These convulsions last from two to three minutes, and are followed by a deep sighing inspiration. The patient then sinks into a sound sleep, which may last for thirty minutes or more. Upon awakening he does not at first realize the circumstances, is confused, and has a headache.

TREATMENT: Give General Treatment. Also place the negative hand over the stomach and make passes down the spinal column with the positive hand, exercising the intention of equalizing the circulation. Instruct the patient, in case he is conscious, when the spells are coming on, to sit down, close his eyes, place his hand over his face, and as near as possible to think of something else other than his condition.

During the fit the patient should be in a reclining



position, the head should be slightly elevated (see cut No. 25 ), and the clothing loosened about the waist. If there is warning, something should be placed between the teeth, such as a folded napkin or a soft pine stick; this prevents the tongue from being bitten. Bathe the head with cold water during the fit. The principal treatment should be given between the spells.

See that the patient's habits are just as they should be, that he eats the proper food, that he bathes regularly, and that he avoids anything that would tend to excite his nervous system. If this disease is caused from a fracture of the skull or a similar cause, surgery will have to be resorted to.

#### EARACHE.

The symptoms and causes of Earache are well-known to need mentioning.

TREATMENT: Heat the hands very hot and place the positive hand over the afflicted ear, and the negative hand over the other ear. Send a current, exercising the intention of opening the tubes in the ear, and stimulating the membrane to healthy action. Rub gently downward over the afflicted ear, exercising the intention of relieving the pain and equalizing the circulation. Use the folder (see cut No. 19). See that the patient avoids exposure to extreme temperature.

#### ECZEMA.

In this disease the small blood-vessels are congested, thus causing the skin to become redder than in its natural state. There is an itching or smarting in the affected parts; the skin is raised in the form of pimples or vesicles, and a watery lymph exudes.

Eczema may be general or partial; that is, it may appear in spots or extend over the entire body. The signs of eczema

are redness, heat, itching, the formation of pimples, the separation of the cuticle into scales, etc.

CAUSES: Eczema is caused by nutritive, assimilative and nervous debility, by exposure or sudden transition from heat to cold, deficient or excessive exercise, impure air and improper clothing.

TREATMENT: The patient should bathe regularly, using a soap that is absolutely pure; under no circumstances should an impure or cheap soap be used upon the skin. He should live hygienically, and the healer must see that this is done.

Place the patient in the first or second position and give General Treatment.

#### FAINTING.

CAUSES: This may arise from shocks, injuries, loss of blood, poison, foul air, emotions, etc. The fainting fit is usually not at all dangerous, and the friends of the patient have no need, under ordinary circumstances, of becoming alarmed or of dosing the patient with all kinds of medicine, etc., in the attempt to restore him to consciousness.

TREATMENT: The patient should be placed in a reclining position, and the clothing should be loosened. Rub the stomach with the intention of accelerating the circulation throughout those parts; and see that the patient has plenty of fresh air. It is also a bad idea to fan the patient, as this retards and does not assist the breathing.

#### FEVER.

The diet of the patient who is suffering from fever should be very carefully considered. It should be spare and light while the disease is in progress, and for some time after a cure has been made. Always see that the food is light and taken in small quantities.

This cut shows the position of the hands in diagnosing by impression. The muscles of both the operator and the patient should be relaxed as completely as possible.



PLATE No. 20.





One writer has said: "A fever is a disease that affects the whole system; it affects the head, the trunk and the extremities; it affects the circulation, the absorption and the nervous system; it affects the skin, the muscular fibers and the membranes; it affects the body, and it affects the mind." It is, therefore, a disease of the whole system in every sense. It does not, however, affect the various parts of the system uniformly and equally, but, on the contrary, sometimes one part is much more affected in proportion to the affection of another part.

TREATMENT: See that the patient's bowels are acting normally. If constipated, give treatment outlined under Constipation. If acting too freely, give treatment outlined under Diarrhea. Place the positive hand over the back of the head at the base of the brain, the negative hand on the forehead, exercising the intention of equalizing the circulation. Also give General Treatment. Continue the treatment until the patient begins to perspire; then give all the organs of the body special treatment, with the intention of equalizing their actions.

#### FEVER, BRAIN.

This is the result of many different causes, such as injuries to the head caused by blows, heat, excessive cold, alcoholic stimulants, etc.; poison narcotics given as medicine sometimes cause this disease.

Brain fever, or inflammation of the brain, as it is sometimes called, is very apt to occur with children in connection with some other malady; it is always to be considered as a very dangerous disease and no time should be lost in the treatment.

SYMPTOMS: Violent fever, violent pains in the head, throbbing in the head, redness of the face and eyes, great wakefulness, delirium.

TREATMENT: Cool the head with cold, wet, magnetized bandages; keep the bowels and stomach free by giving them special treatment. See that the patient is not molested by visitors or friends.

If the patient can be hypnotized, induce hypnosis and keep him in that condition for ten or fifteen minutes, giving him the suggestions that the circulation is becoming equalized all over the body, and that when he awakens the circulation will remain equal through every part of the body. When this suggestion is given, emphasize the fact that the blood is receding from the head. Give mild General Treatment. Care and judgment should be exercised to see that all these directions are implicitly carried out.

#### FEVER, LUNG.

This disease is most common in cold countries and during the cold seasons of the year.

SYMPTOMS: The symptoms of Lung Fever are practically the same as those of acute bronchitis. They are generally, fever, pain in the chest and labored breathing; the respiration and pulse are rapid at the beginning of the disease. There is at first little expectoration with the ever-present cough; after a while, however, the expectoration appears and becomes of a rust color.

TREATMENT: Place the patient in the first or second position and give General Treatment. Give the lungs special treatment by placing the heated positive hand over the Lumbar Plexus, and the negative hand over the lower part of the chest; treating each lung separately, beginning at the lower part.

Place the heated positive hand over the Brachial Plexus, and the negative hand over the upper part of the chest. Treat the upper part of the lungs from this position; treating the



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lungs separately. Exercise a strong attention of opening the air-cells of the lungs, and forcing the membrane to healthy action.

Give hygienic treatment if possible. The patient should take very mild breathing exercise. The room should be well-ventilated, but should be kept at an even temperature.

#### FEVER, SCARLET (Scarlatina).

This disease takes its name from the color of the eruption which appears. It is properly a disease of childhood. The interval between exposure is called the period of incubation, and usually lasts from eight to twelve days.

**SYMPTOMS:** Fever, restlessness, anxiety, chilliness of the surface and pain in the head, followed by heat, thirst, nausea and vomiting. The peculiar scarlet flush usually appears about the second day of the fever, on the face and neck, and gradually spreads over the entire surface. This usually terminates about the seventh day.

Scarlatina is distinguished from measles by the scarlet appearance of the eruption, and by the smoothness of the surface. In measles the whole skin is raised in patches, but in scarlatina it is not elevated at all. Scarlatina in its early stages is distinguished from small-pox by the fact that in the latter disease there is usually, at first, severe pain in the back and loins, and great tenderness of the digestion. This symptom does not belong to scarlatina.

If a person is taken suddenly ill with an eruptive disease, and there is no pain in the back and loins, and no tenderness at the pit of the stomach, the disease may be measles, scarlet fever, or some other rash, but never small-pox.

Scarlet Fever is divided into two classes: Scarlatina simplex, in which the fever is moderate, terminating with the eruption; Scarlatina Maligna, in which the fever is severe,

the throat ulcerated, the rash longer maturing and less extensive, often changing to a livid hue, and the disease is highly contagious.

A variety of complications may arise peculiar to the severe form of this disease; such as deafness, delirium, stupor, inflammation of the brain or of the throat, constriction of the jaws, laborious breathing, a troublesome cough, enlargement and softening or ulceration of the various glands of the body, diarrhea, blisters on the hands and feet, small spots on the skin resembling flea-bites and which appear as dangerous symptoms in the course of the fever, hemorrhages from the internal surfaces.

TREATMENT: Place the patient in the second position and give mild General Treatment; then place him in the third position and give hypnotic treatment.

In case the patient is not a hypnotic subject, make long strokes from the head to the feet to equalize the circulation. If the fever settles in any organ, give that organ special treatment by placing the positive hand on one side of the afflicted organ and the negative on the other, sending a current, exercising the intention of forcing healthy secretions.

#### FEVER, TYPHOID.

This is a form of continued fever.

SYMPTOMS: Languor, lassitude, a feeling of general indisposition, chilliness, flushing, giddiness, pain in the head, back, loins and limbs, dejection of spirits, imperfect respiration, face flushed, the patient finally passing into delirium. The tongue may become white or in another case black, or it may be brown, yellow, etc. It is not uncommon to see it dark at the back and white or red at the top.

The temperature rises from 105 to 110; the pulse is usually fast, in some cases feeble, in others hard; in some cases it

has been known to rise as high as 200; these cases, however, are rare, as it seldom rises above 160, and usually from 100 to 140. The appetite is usually absent. Typhoid Fever usually attacks those of middle age, both sexes alike.

CAUSES: This fever is sometimes contagious, but it is not a true contagious disease, for many people are exposed to it and never have it. It springs up spontaneously, or is caused by impure air and impure water.

TREATMENT: The bath should be frequently employed, and the surface of the body should be rubbed constantly while the patient is being bathed, and the bath should be continued until the temperature of the armpits is the same as the rest of the body. As the patient becomes able to take nourishment, give cold milk, fruits and starchy food, in small quantities, always cold and at intervals of the usual meals. See that the patient gets naturally and regularly. Great care must be exercised in the treatment of this disease. Great as outlined under Fever (page 90).

#### FEVER, YELLOW,

This disease usually occurs when the temperature is from 80 degrees Fahr. upward. It usually requires about two or three months of hot weather to produce it; hence it is not frequent in those localities where the summer is not of such length and quite warm.

SYMPTOMS: In some cases the attack comes on suddenly and without warning; or the attack is sometimes preceded by the ordinary symptoms of fever, such as chilliness, followed by heat; pain and heat in the back, head and limbs may also be experienced; nausea is sometimes present from the beginning, but in the majority of cases it does not appear until 24 hours or more after the commencement of the attack. The vomiting is, often very violent, the thirst is great, flatulency is



present, the bowels are generally costive, and the discharges when made are highly offensive; the headache is sometimes exceedingly violent.

Having run its course, the fever subsides, and a great amelioration of the disease is experienced; the skin becomes cooler and softer, the pulse natural, the respiration calm and the stomach comparatively quiet, the headache and other pains disappear, and it is not unusual to find the patient sitting up and believing that he is quite well. This, however, is not by any means the case; the reaction usually coming in from 12 to 24 hours. The pulse becomes quick, irregular and feeble; the skin is yellow in appearance; the blood seems to be stagnant in the capillaries; the tongue is brown and dryish in the center; the stomach is irritable, and everything taken into it is immediately thrown up, and a new matter is ejected, consisting of brown or blackish flakes or particles; low delirium sets in, and an oppressive odor is exhaled from the body, and death takes place, sometimes quickly, but often in the midst of convulsions.

TREATMENT: Treatment for this is similar to that of Typhoid Fever, to which the reader is referred. Large continued shower baths should be taken, and clysters of tepid water should be frequently given. Give hypnotic treatment if possible.

#### FELON.

A Felon is generally situated quite deep, although in some cases it may be near the surface. The sores are usually about the top of the nail, or upon the finger joint of the fingers. It is one of the most painful afflictions in the entire catalogue.

TREATMENT: Keep the part immersed constantly in ice water that has been thoroughly magnetized. This tends to

arrest the inflammation and prevents the falon from coming to a head, and is very effective treatment. Sometimes the hand may be immersed in the water, the affected finger alone remaining out of it; pouring cold water upon the arm will also assist in cooling the blood before it reaches the affected part.

#### GASTRITIS (Inflammation of the Stomach).

CAUSES: It may be caused by swallowing poison, large quantities, or anything that would tend to inflame the delicate lining of the stomach.

SYMPTOMS: Heat, hunger, irritability, etc. At the same time a severe pain is felt at the pit of the stomach; heat in the stomach, and constant vomiting of anything taken into it.

TREATMENT: Place the patient in the first or second position and give General Treatment. Give the stomach special treatment by placing the heated positive hand over the Lumbar Plexus, and the negative hand over the stomach in front. Send a current, exercising the intention of equalizing the circulation in the stomach, and of forcing healthy sensations. See that the bowels are kept open. Subdue the fever by the treatment given under Fever (page 80). See that the diet is extremely light while the inflammation is present.

#### GLEET.

This is simply an old chronic discharge arising from badly treated or neglected gonorrhea.

See Gonorrhea (page 98).

#### GOITRE.

Extra thick neck is sometimes called Bronchocele, or Goitre. This consists of an enlargement of the thyroid gland,

which lies over and on each side of the trachea, or windpipe, between the prominence known as "Adam's apple" and the breastbone.

The tumor increases in size until great deformity is produced, and it sometimes interferes with the action of the respiratory organs and with the act of swallowing. It may cause apoplexy, epilepsy, etc., by pressure on the great blood-vessels running to and from the head. Some claim that it is due to impeded circulation in the large veins of the neck, caused from the pressure of the clothing.

TREATMENT: Place the patient in the first or second position and give General Treatment. Give the goitre special treatment by placing the heated positive hand on one side of the goitre, and the negative hand on the other side, and sending a current, exercising the intention of stimulating the lymphatic vessels so that they may carry off the extra amount of lymph. Heat the hands, placing them over the center of the goitre; rub away from the goitre, exercising the intention of carrying off the lymph.

#### GONORRHEA.

This is an inflammation of the mucous membrane of the urethra in the male, or the vagina in the female, caused from the application of a morbid poison, generally during sexual intercourse or connection.

SYMPTOMS IN THE MALE: The patient first experiences itching or tingling at the orifice of the urethra, together with a sense of heat and soreness along the inner side of the penis, and slight pain and swelling in making water. A little discharge soon takes place, at first thin and whitish, but soon becoming thick and puriform. When the disease is at its height, the discharge is yellowish or greenish or tinged with blood. The penis swells, the glans is of a peculiar cherry



PLATE No. 28.



PLATE No. 29.



PLATE No. 26.



PLATE No. 25.





color and is intensely tender. The urine passes with much stinging and severe pain in some cases. There are present long-continued and painful erections, constituting chordee.

**SYMPTOMS IN THE FEMALE:** The symptoms are much the same as in the male. There is heat and pain in urinating, and tenderness and soreness, especially in walking, and a mucopurulent discharge. The parts are swollen and red.

**TREATMENT:** This is an inflammatory disease, and should be treated vigorously. The patient must not overheat the system, or become fatigued, or stand too long at one time. The trouble may last for some time, but when treated properly never becomes Gleet. Frequent injections of pure magnetized water should be given, and the patient should drink plenty of pure water; the more the better, as the urine will cleanse the urethra of the impure matter. Stimulants of all kinds must be avoided, and the patient should lie down as much as possible. Place the heated positive hand over the Sacral Plexus, and the negative hand on the lower part of the abdominal semicurrent with the intention of decreasing the circulation throughout the inflamed parts.

#### GRAVEL (Lithiasis).

**CAUSES:** This trouble is caused by sedentary habits, excesses, hard water, colds, blows, fits of dyspepsia, gout, etc.

**SYMPTOMS:** Dull or acute pains, with a sense of heat and heaviness in the lumbar regions, with more or less difficulty in voiding the urine, increased by sudden or violent emotion; occasional pain behind the pubes and irritation at the neck of the bladder. The urine, even while warm, contains a sandy sediment, or small calculi. It is generally scanty, highly colored, acid, of a strong odor, and disposed to become turbid on cooling. The digestive organs are deranged, there is a



sense of weight in the epigastrium, flatulency, furred tongue, dry skin, restlessness and feverishness.

TREATMENT: General Treatment should be given. The diet should be spare, but sufficient. If much pain is present, little food should be taken, and only soft water should be drunk. Place the patient in the first or second position, and give the bladder special treatment by placing the heated positive hand over the kidneys, the negative hand over the pelvic bone, and sending a current, exercising the intention of equalizing the circulation in the bladder and of dissolving the substance. Instruct the patient to take breathing exercise.

#### HEADACHE (Cephalalgia).

The causes of Headache are too well known to need mention; this is also true of the symptoms.

TREATMENT: Place the patient in the first or second position, and place the heated positive hand over the Cervical Plexus, and the negative hand over the forehead, sending a current, exercising the intention of equalizing the circulation (see cut No. 13); then step directly behind the patient, placing the hands over the forehead and bringing them back past the ears and off at the lower part of the head, exercising the intention of carrying the pain away (see cut No. 14). Pass the thumbs down over the temporal veins, pressing firmly (see cut No. 43). Repeat this several times. Give General Treatment.

#### HEMORRHAGE.

One of the first and most important things to be done is to keep the patient cool. That cold is one of the best possible constrictants has long been known. If the bleeding is from the nose, the head should either be erect or inclined a

little backward, the clothing should be loosened, and tepid water (not cold, as many assert) should be snuffed up the nostrils; cold should be applied to the head and nape of the neck. If the hemorrhage is from the mouth, care must be taken to ascertain from whence the blood issues.

Once the source of the difficulty is ascertained, it is to be treated on the same principles.

Hemorrhage from the lungs, so often alarming to the patient, is seldom fatal at the time. It is indicative, however, in many cases, of a fatal disease of the lungs. If the blood is dark-colored, it is supposed to come from the stomach.

TREATMENT: The treatment should be like that for other internal hemorrhages. Cold wet cloths should be freely applied to the chest, and frequent sips of cold water should be swallowed. The patient can bear cold to an almost unlimited extent in this affection.

The magnetic treatment that should be used when treating all kinds of hemorrhages is as follows: The patient should be given the mild General Treatment, with the intention of drawing the blood as far from the afflicted part as possible. The afflicted parts should receive special treatment, which is done by placing the hands on the opposite sides of the afflicted part, and sending a current with the intention of decreasing the circulation throughout that particular portion of the body.

#### HEMORRHAGE OF THE STOMACH.

Hemorrhage from the stomach is generally preceded by a sense of general uneasiness, and a feeling of oppression, and a dull or sharp pain in the epigastrium. The treatment should be the same as described under Hemorrhage, except the local cooling should be practiced over the abdomen.

## UTERINE HEMORRHAGE.

Uterine Hemorrhage should be treated on the principle of hemorrhages generally. Use cold wet towels, and have the patient drink cold magnetized water.

## HEMORRHOIDS (Piles).

There are few maladies that are more common than this, and few are more annoying. Piles consist of tumors formed within the rectum and about the anus, by dilation of the hemorrhoidal veins and thickening of their cells. There are two general forms of this disease: the external or Blind Piles, and the internal or Bleeding Piles.

CAUSES: Whatever tends to favor an undue accumulation of blood in the hemorrhoidal veins predisposes to Piles. This disease is often the result of disease of the heart and liver; mechanical pressure from tumors in the abdomen also causes the disease. The most common cause of all, however, is constipation.

SYMPTOMS: At first slight the symptoms are slight uneasiness, such as soreness or itching at the verge of the anus, and at times lancinating pains. The sensations are more severe if the bowels are constipated. If the piles are external, they often become inflamed and swollen.

When internal, they produce not only an itching at the extremity of the bowels, but also fulness at the rectum, as if some foreign body were present. Many times there is nausea and vertigo.

TREATMENT: All stimulating food and drink should be abandoned. The treatment for this ailment should be principally of a general character. The circulation must be equalized, and the congestion which is present in the hemorrhoidal veins must be removed by special treatment, which is given as



follows: Place the heated positive hand over the Sacral Plexus, the negative hand over the afflicted part, and send a current with the intention of decreasing the circulation throughout that part, or removing the congestion which is present, and of stimulating healthy secretions throughout the afflicted part.

#### HEPATITIS (Inflammation of the Liver).

SYMPTOMS: Pain in the right hypochondrium, shooting to the back and right shoulder, and increased on pressure; difficulty on lying on the right side; sometimes jaundice, with cough and general fever; nausea, sickness; constipation, etc.

A chronic form of Inflammation of the Liver often follows the acute.

TREATMENT: The pain and inflammation should be removed as soon as possible. The abdomen must be kept cool and the feet warm. In the chronic cases, the treatment should be such as is calculated to improve the general health. A full, warm enema, given night and morning, is a remedy of great efficacy in all diseases of the liver.

#### HYDROCEPHALUS (Dropsy of the Brain).

This disease belongs mostly to childhood. However, in a few instances it has been known to commence with adult age.

CAUSES: When this disease occurs in adults, the cause must be such a one as is calculated to produce dropsy generally. In children, however, it is different. Impure and other habits of the mother have much influence in the matter.

The treatment should be begun as early as possible in the course of the disease, and should be practically the same as for Cellular Dropsy (see page 85).

## HYPOCHONDRIASIS (Low Spirits).

This is a very common ailment, and may be caused from almost anything, diseases, afflictions of various kinds, self-abuse, poverty, etc.

The treatment for this should be for the general health, and suggestions that will tend to brighten the outlook for the patient should be given.

Much tact can be displayed in these suggestions, as a thorough knowledge of the situation must be had, in order that the suggestions may be given intelligently. If the disease is caused by circumstances, the healer must ascertain to a certain extent what these are, and be governed accordingly in giving his suggestions.

## HYSERIA (Hysterics).

CAUSES: Emotion, excessive eating, indigestion, fatigue, excessive use of stimulants, such as tea and coffee, excessive sexual indulgence, etc.

SYMPTOMS: The patient feels nervous and can make no explanation as to why such is the case; the sensation as of a ball rising in the throat, an uncontrollable desire to laugh or cry alternately is present. If the disease is severe, the symptoms are more aggravating, such as great dejection or spirits, palpitation of the heart, nausea and difficulty in breathing. Hypochondriasis seldom comes before the age of 35, while Hysteria often comes before that period.

TREATMENT: The healer must see that the patient does not injure herself during the spasm; the clothing should be loosened immediately, and the sooner it is removed the better, because the fresh air tends to keep off the spasm; no matter how cold it is, the windows and doors should be thrown open for a time; if necessary, the arms and hands should be

confinement. As soon as possible the patient should have a drink of cold water.

The suffering is sometimes pitiable, but the operator must work rapidly and constantly with the hand friction, as that will relieve the patient in the end. The patient should be instructed that she must act upon the suggestions given, and that her relief is to come from within, and not from any outside source.

### HYSTERITIS (Inflammation of the Womb).

This disease is called Simple Hysteritis when the patient is met in a pregnant condition, and Puerperal when occurring soon after delivery.

**SYMPTOMS:** Fever, heat, tension, tumor, pain in the region of the womb, pain in the os uteri when touched, and vomiting.

If the disease is Puerperal, there is, within two or three days, pain at the bottom of the belly, which gradually grows worse. The womb becomes enlarged, hardened, and painful upon pressure. There may be present also pain in the head, back, loins, throat, nausea and vomiting.

**TREATMENT:** The great thing is to subdue the fever. The treatment should be the same as for Peritonitis (page 119). This disease is usually considered dangerous if not subdued at once.

### INCONTINENCE OF URINE.

This may be the result of superabundance of secretions, erection in some part of the urinary organs, or sphincter of the bladder.

**TREATMENT:** Restore the general health by giving General treatment. Look carefully after the diet of the patient. If it is possible to induce hypnosis, do so, and then give the patient the suggestion that if he is asleep and desires to



does arise, he will always awaken in time to relieve himself; and give him the suggestion that he will always have sufficient warning when awake.

#### INFLUENZA.

See Collard (page 70).

#### INSANITY.

This dreadful affliction is the result, usually, of hereditary predisposition or of sexual excesses; however, it may be produced by different things.

The treatment of insanity should consist almost entirely of suggestion. Some remarkable cures have been made in this way. The patient should be in as passive a condition as possible, which is brought about by the same procedure as for amnesia--in fact, the operator should try to hypnotize the patient; this, however, is usually a failure at first, as it is almost impossible to hypnotize an insane person. When the patient has become passive, suggestions should be given, which must be governed by the case in hand. If the patient is excited, suggestions that would tend to cheer him up should be given. If the tendency is to look upon the past and think nothing of the future, suggestions in regard to the future should be given, and things should be planned that will cause the patient to look forward to their execution.

The different phases of insanity are so numerous that it is impossible to lay down any exact method of procedure. Suggestion should be used, and the operator must use that amount in deciding what suggestions will best suit the particular case in hand. In some cases it is almost impossible to get the patient in a passive condition at first. Perseverance in this line, however, will work wonders,

PLATE No. 33.



PLATE No. 31.



PLATE No. 32.



PLATE No. 30.







and until a passive condition is induced all other treatment is useless.

### JAUINDICE (Icteris).

This disease usually occurs with other diseases of the liver, but may appear distinct and by itself.

CAUSES: It may be caused by anything that may make the person bilious, or that will deteriorate the general health.

SYMPTOMS: Yellowness of the skin, eyes, roots of the nails, and urine. This is caused by the bile entering the circulation.

TREATMENT: If there is some other disease accompanying jaundice, it, of course, must be treated also. If the patient relieves the other disease to be the cause, this should be treated in preference to Jaundice.

Place the patient in the first or second position and give General Treatment. Give the liver special treatment by putting the heated positive hand over the Lumbar Plexus, and the negative hand on the right side of the abdomen just over the liver (see Vol. No. 25). Send a current, exercising the liver-tion of forcing the liver to healthy action. The food should be taken in small quantities.

### LARYNGITIS, ACUTE (Inflammation of the Larynx).

This is considered a dangerous disease. It may be either acute or chronic.

CAUSES: Sore throat, inflammation, over-exertion of the voice, exposure to wet and cold, inflammation of the tonsils, scarlatina, small-pox and measles.

SYMPTOMS of the acute form: Rigors followed by fever, hoarseness, impulsive cough, pain in the larynx, secretion of mucus, difficulty of swallowing and respiration. At times the countenance becomes pale and anxious, the lips livid, the eyes sunken, the nostrils expanded, the pulse

frequent, feeble and irregular, the voice reduced to a whisper or lost; extreme restlessness and fear of suffocation.

TREATMENT: The treatment should be very vigorous. The fever must be kept subdued, and the extremities should be kept warm. There is possibly no disease that demands greater care and vigilance on the part of all concerned than this one.

Place the patient in the first or second position and give General Treatment. See that the bowels are kept in healthy condition. Give the larynx special treatment by heating the hands very hot and placing the positive hand on one side of the larynx and the negative hand on the other. Send a current, exercising the intention of equalizing the circulation, thus allaying the inflammation.

#### LARYNGITIS, CHRONIC.

SYMPTOMS: Hoarseness, husky cough, pain in the larynx, and in confirmed cases ulceration of the affected part.

TREATMENT: See Acute Laryngitis (page 107).

#### LEUCORRHEA.

This is a systemic manifestation of some uterine or vaginal affection. The discharge varies in color and consistency, from a white mucus to a yellow or greenish purulent matter. Sometimes it is of curdled appearance, and at other times it is of the consistency of cream.

In a healthy condition the linings of the genital organs secrete sufficient mucus to moisten them, but if the membrane is temporarily congested or inflamed, the secretion becomes profuse, irritating and offensive.

CAUSES: Immediate causes are congestion or inflammation of the mucous membrane of the vagina or womb. The exciting causes are deranged menstruation, pregnancy, abortion, ex-

cessive indulgence in sexual intercourse, piles, uterine  
tumors, etc.

SYMPTOMS: Paleness, dullness and heaviness of the eyes;  
the functions of the skin, stomach and bowels become deranged,  
and pain in the head is experienced, accompanied by dizziness  
and palpitation. As the disease progresses the blood becomes  
depleted, the feet and ankles are swollen, the mind is  
incomprehensive and melancholy, and very frequently the functions  
of the generative organs are injured or destroyed.

TREATMENT: Keep the affected parts scrupulously clean at  
all times; treat the whole system with the intention of in-  
vigorating it and restoring the general health. Too much  
should not be done to stop the flow at once.

Place the patient in the first or second position and give  
General Treatment. Give the stomach special treatment by  
heating the hands, and placing the positive hand over the  
Lumbar Plexus, and the negative hand over the stomach, and  
sending a current to stimulate the secretions.

Give the generative organs special treatment, by placing  
the positive hand over the Sacral Plexus, and the negative  
hand on the lower part of the abdomen, exercising the inten-  
tion of restoring the healthy action of the afflicted parts.  
Instruct the patient to take breathing exercises, and to take  
exercises each day in the open air.

#### LOCKJAW (Tetanus).

This is a disease in which the muscles are in a state of  
rigid, lasting, contraction, with paroxysms of brief and pain-  
ful spasms, alternating with irregular intervals of more or  
less relaxation, without coma or any essential disturbance  
of the mental faculties. This disease is usually caused from a  
wound or local injury.

SYMPTOMS: The attack may come on violently, but usually



occurs in a gradual manner. A slight stiffness is at first perceived in the back of the neck, which gradually increases; at the same time there is an uneasy sensation at the root of the tongue, tightness about the chest, pain at the extremity of the sternum and shooting pains in the back. The joints gradually become stiff until the teeth cannot be opened. The disease thus progresses until all the muscles become affected and are in a state of rigid spasm.

REMARKS: Place the patient in the first or second position and give General Treatment. Treat affected parts by moving the hands and placing them on opposite sides of the affected part and sending a current through them, exercising the attention of stimulating the circulation. Give the jaws general treatment by heating the hands very hot, placing them over each jaw.

LEWIS.

See Phrenitis (page 122).

LUPUS.

This consists of tubercular excrescences with rapid spreading ulceration, chiefly about the alae of the nose, which are soon destroyed, the nose being eaten off in this way.

For treatment, see Cancer (page 68).

LOCOMOTOR ATAXIA.

CAUSES: There are differences of opinions in regard to the cause of this dreaded disease. It is commonly attributed to over mental work, the use of alcohol, exposure, serofula, excessive sexual indulgence and abuse of the nervous system generally.

SYMPTOMS: The pupils of the eyes become contracted and are not affected by the light; pains in the legs, and inability to walk properly.

TREATMENT. Give General Treatment. The abdomen and bowels should receive special treatment, as outlined under Constipation (page 78).

### MEASLES (Rubeola).

This is usually an affection of childhood; however, adults are sometimes affected with it. It occurs usually once in a lifetime, and prevails most during the cold and wet seasons of the year. The disease should be regarded as a formidable one, as it is apt to leave the lungs in a bad state.

SYMPTOMS: In the beginning there are more or less catarrhal symptoms; sneezing; sometimes nosebleed; harsh, dry cough, with difficult breathing; the face and eyes are flushed, the countenance appears heavy, and the eyes and nose run. These symptoms usually last three or four days before they begin to abate.

In bad cases of Measles there may be bronchitis, pneumonia and pleurisy; there may be inflammation of the eyes, or even inflammation of the bowels, etc.

TREATMENT: Keep down the fever; do not attempt to send the eruption in, but aid Nature in bringing it out; a tepid bath will often bring the eruption to the surface at once. Rub the stomach and bowels thorough treatment, by placing the positive hand, heated to the same temperature as the patient's body, over the Lumbar Plexus, and the negative hand on the opposite side over the stomach, and sending a current through the stomach and bowels, with the intention of raising them to act normally.

Place the positive hand over the Solar Plexus, the negative hand on the abdomen, and send current through the Solar Plexus for the purpose of stimulating the secretions in the colon and the rectum.

## MENORRHAGIA (Raging Menstruation).

An immoderate flow of the menstrual discharge is indicative of a deteriorated state of the general health. Women who live indolently, and who indulge in stimulating articles, and take no exercise, who keep late hours, who dance immoderately, who have borne many children, who have been subject to female affections, who have much leucorrhea, who indulge too freely in sexual intercourse, who are approaching the non-menstrual period, who yield too readily to passions of the mind, are those subject to Menorrhagia.

TREATMENT: See Dysmenorrhea (page 86).

## MILK LEG.

This occurs most frequently in the puerperal state, and occurs in from two to five weeks after delivery.

SYMPTOMS: There is a painful elastic swelling of one or both of the extremities, beginning generally in the groin, loins and the thigh, and thence extending downward, accompanied by great heat and tenderness, a pale, shining appearance of the surface and stiffness of the limb. It is commonly preceded in with rigorous pains in the limbs and belly, and is accompanied with fever, thirst, a quick pulse, nausea, headache and a hurried tongue. The disease sometimes proves fatal, but more commonly subsides in about two or three weeks, leaving the limb swollen and weak.

TREATMENT: Place the patient in the third position. Heat the hands and rub the swollen parts upward, exercising the attention of carrying the blood out of those parts. Be very careful not to produce any pain; on the contrary, the object is to relieve the pain and establish a free circulation throughout the swollen parts.

Give the kidneys special treatment by placing the positive



hand on the Lumbar Plexus, and the negative hand on the abdomen, and sending a current through the kidneys with the intention of stimulating them to healthy action. Give hypnotic treatment if possible.

#### HYDRONEPHROSIS.

This is a total obstruction of the flow of urine.

SYMPTOMS. Sense of pain, weight or heaviness in the renal apparatus, which may be due to the kidney, bladder or the urethra.

TREATMENT: Place the patient in the flat or semi-prone position, and give the kidneys and bladder special treatment by placing the least positive hand over first one kidney and then the other, the negative hand over the lumbar flexus, and sending a current through the kidneys, bladder or urethra, exercising the intention of stimulating the kidneys to healthy action and equalizing the circulation, thus removing all inflammation and removing the obstruction.

#### MUMPS (Parotitis).

This disease is an inflammation of the parotid glands. It usually occurs between the ages of six and fourteen, but sometimes later in life. It continues for about three or four days, when it begins to decline. Toward the decline of this ailment, inflammation and swelling of the breasts in women, and of the testes in men, may take place. If the disease has been badly managed, this may cause permanent injury, but as a general thing no harm results from such inflammation.

TREATMENT: Use the hot foot bath frequently. Give the jaws special treatment by heating the hands very hot, and placing the positive hand over one jaw, and the negative hand over the other, and sending a current with the intention of equalizing the circulation throughout the inflamed parts (see

cut No. 36). Use the folder. Much care should be exercised to see that the patient does not catch cold.

#### NAUSEA.

Nausea may be caused by different things, such as dyspepsia, over-exertion, the excessive use of stimulating foods, drinks, etc. The patient is usually deathly sick for the time being, and vomits profusely.

TREATMENT: Place the patient in the first or second position and give General Treatment. Have him drink a glass of hot water. See that the bowels are well regulated.

#### LESSON XI.

##### NEURALGIA.

This is one of the most painful diseases with which mankind is afflicted; it is confined to the nerves.

CAUSES: Cold, exposure to the weather, sleeping in a draft room, gout, rheumatism, the use of stimulants, the use of mercury, etc.

SYMPTOMS: Extreme pain; the pains are not constant, but are either remittent or intermittent, and may be confined to one or several nerves.

TREATMENT: Place the patient in the first or second position; heat the hands very hot and give special treatment by placing the positive hand on one side of the afflicted part and the negative hand on the other side, sending a current, with a strong intention to quiet the nerves and relieve the pain. If the pain changes to another part of the body, give the parts treatment, and so continue until the pain is relieved.

In extreme cases the pain is likely to return in a short

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PLATE No. 34.



PLATE No. 36.



PLATE No. 35.







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time, hence the operator should, if possible, remain half an hour, in order to ascertain whether or not the pain will return. Under no circumstances should the patient be told that the pain is likely to return.

Give hypnotic treatment. If the pain returns, treat as before.

#### OBESITY.

This disease is peculiar to women and begins about the period known as the change of life.

SYMPTOMS: The affection consists of hard, pale and painful swellings about the different joints; especially those of the fingers, but also about any of the joints. It increases generally and often induces much suffering and deformity. The swellings are sometimes tender under pressure. They are confined to the immediate vicinity of the joints and do not appear to affect the muscles. The notion of the joints becomes much impaired and sometimes a degree of dislocation results.

#### NOSEBLEED.

See Haemorrhage (page 100).

#### OBESITY.

The idea that obesity is a sign of good health is by no means true; in fact, the fleshy person is always more or less diseased. Adipose matter encumbers the body and hinders the normal and helpful play of the various vital functions and is in all respects objectionable.

The causes are usually excessive eating and drinking, in connection with an indolent life. Sometimes, however, it is the result of disease or hereditary.

TREATMENT: The principal cure lies in the starving of the system, until the vital forces swallow and throw off from the

system the superabundance of fat. Such treatment as this requires considerable power and is accompanied with some suffering, but if persisted in will be almost certain to work wonders. Stimulating foods of all kinds must be avoided, and the patient must eat as little as possible. It is often the case that the patient begins to treat himself too zealously, and cuts his allowance of food too much at first, the result being that in a short time he is obliged to take more food. This should not be done, but the allowance should be gradually diminished until the minimum amount is reached. Persons have reduced their weight as much as two hundred pounds in twelve months by this system. Give hypnotic treatment.

#### ODONTALGIA (Toothache).

This is, in many cases, one of the most painful of maladies. It is caused by an inflammation of the nerves within the tooth. A good deal may be done to avoid the Toothache. The writer had a very bad case of Toothache about twenty years ago, and the experience was so trying that he decided never to have it again, and he never has. The method he followed is as follows: Once every six months or a year he has gone to a dentist, and has had his teeth thoroughly cleaned and examined; if there were any cavities, they were filled at once. Also, with a thorough cleaning of the teeth three times a day, he kept all symptoms of Toothache away.

TREATMENT: Heat the hands as much as possible and place the positive hand on the jaw immediately over the aching tooth, the negative hand on the other jaw; send a current with the intention of equalizing the circulation and nervous forces. Use the folder a great deal (see out No. 37).



## OPHTHALMIA (Inflammation of the Eye).

This disease often affects children soon after birth, but is also common among adults.

TREATMENT: The eyes must be used as little as possible in some cases the light must be excluded entirely, as in all diseases of the eye. The general health should be treated, and the patient should live hygienically in every way. Diet should be spare and non-stimulating, but enough should be eaten to supply the strength. Give special magnetic treatment with heated hands to each eye separately. Give hypodermic treatment if possible.

## OTITIS (Inflammation of the Ear).

Inflammation of the external ear is characterized by swelling of the part, which is increased by pressure and by noise, as well as by the motions of the head and of the lower jaw, and by exposure to cold.

Inflammation of the internal ear is practically the same, but more severe in all respects.

TREATMENT: Place the patient in the first position and give the ear special treatment by placing the heated position hand over the afflicted ear, and the negative hand over the Cervical Plexus, sending a current with the intention of equalizing the circulation throughout the afflicted part. Treat in this manner for ten or fifteen minutes, and if both ears are afflicted, treat the other ear in the same way.

## PARALYSIS.

The word "paralysis" is derived from a Greek word, and signifies partial or complete loss of sensation and mobility of a part. When only one-half of the body is affected, the disease is termed Hemiplegia. When it is confined to the

lower half, or the two lower extremities, it is called Paraplegia. If a single limb, or an eye, or the face, etc., is alone paralyzed, it is termed Local Palsy. Paralysis may come on by degrees, and may be so gradual that the disease will be considerably advanced before the patient is aware of his affliction. In some cases it comes on as suddenly as a stroke of lightning.

CAUSES: It may be induced by pressure upon the brain, or a nerve, the division of a nerve, or disease of a nerve or any part of the nervous system. It may also be induced by the use of mercury, arsenic, tobacco, and other poisons.

HEMIPLEGIA.--This form of Paralysis frequently follows an attack of apoplexy. The limbs of the affected side, if raised, fall by their own weight. The face of the same side is relaxed and void of expression, and is drawn towards the afflicted side. The tongue, when protruded, is thrust towards the paralyzed side. The speech is either lost or it is thick, muttering or unintelligible. The mental faculties are sometimes unimpaired, but they generally suffer. The pulse is often infrequent, but sometimes above its usual standing. The respiration is slow and the bowels are generally inactive.

PARAPLEGIA.--This may come on gradually, the same as other forms of Paralysis, but is usually the result of a lesion in the spinal cord.

SYMPTOMS: Weakness of the lower extremities; a feeling of heaviness, stiffness, numbness, and an awkward movement when walking. If the disease does not improve at once, it is apt to affect the bladder and the rectum until they become paralyzed. Much care and attention is necessary in the management of the patient. The urine must be drawn off frequently, and great care should be exercised to see that the patient drinks only the purest of soft water.

LOCAL PARALYSIS--SYMPTOMS: The face is drawn towards the





TREATMENT: The disease is to be treated on the general principle of all severe inflammation. Keep down the fever especially in the bowels. The food should be very sparing. Most fatal relapses are often caused in this disease by overindulgence in diet. Place the patient in the first or second position. Give stomach and bowels special treatment by placing the heated positive hand over the Lumbar Plexus, the negative hand on the abdomen; send a current with the intention of stimulating the circulation and forcing healthy secretions into the stomach. Place the positive hand over the Sacral Plexus and the negative hand on the abdomen; send a current through the bowels, exercising the intention of stimulating the circulation and of forcing healthy secretions.

#### PLEURISY.

This is an inflammation of the lining membrane of the chest, and of the membrane covering the organs contained in the chest. It is considered one of the most violent of all internal inflammations, but is considered less dangerous than either Pneumonia or Bronchitis.

SYMPTOMS: The attack is usually accompanied by a chill, which is followed by fever. There are acute shooting pains in one side of the chest, which is increased by coughing; respiration is short and frequent. The distinguishing characteristics between Pleurisy and Pneumonia is that in Pleurisy the pain is sharp and cutting and seems to be less deeply seated than in the case in Pneumonia.

TREATMENT: Treat the same as for Lung Fever.

#### PROLAPSUS UTERI (Falling of the Womb).

SYMPTOMS: Feeling of weight or pressure in the vagina, and at times pressure and feeling about the rectum as if something should be allowed to pass the bowels; dragging sense-

tion in the hips, pains and numbness running down the thighs; the desire to urinate frequently without the ability to do so at times, or if it does pass, the excretion being excessively scanty; pain in the head; sometimes the patient is compelled to leave her body forward when she walks, and is obliged to support herself by placing her hands upon her thighs. There is generally a discharge from the vagina of a purulent character, sometimes tinged with blood. There is usually pain in cohabitation.

TREATMENT: The only safe and reliable means in this kind of case is to restore the general health; a small amount of exercise taken often is of assistance. Place the patient in the first position. Heat the hands very hot, placing the positive hand over the Sacral Plexus, the negative hand over the lower part of the abdomen. Exercise a steady intention of sending a current through the generative organs, and of strengthening the muscles to the extent that they will support and bring the uterus in place.

The patient should take breasting, exercise, avoid tight clothing, should not lift, and should protect the contracting the muscles of the vagina.

#### OBSTETRICAL ABSCESS (Abscess of the Uterus).

This is sometimes present in connection with the uterine disease.

TREATMENT: The treatment for this is general, the object being to restore the general health. Place the patient in the first or second position, and give General Treatment. Give special treatment by placing the nested positive hand on the back opposite the seat of the pain, and the negative hand on the chest over the seat of the pain. Send a current, exercising a strong intention of stimulating the circulation and of carrying off the abscess in solution. Rub over the seat of

the pain, exercising the intention of relieving the pain. If the patient is able, instruct him to walk out in the open air if the weather is warm; if not, he should exercise in a room where there is good ventilation. See that the bowels are

regular.

#### QUINCY.

See Tonsillitis (page 135).

#### PERICARDITIS.

This is not usually a violent disease, except in some cases of rheumatism. It may come on gradually, as a chronic disease, or is likely to follow a case of Rheumatism.

CAUSES: It is caused in the same way as other inflammations.

SYMPTOMS: General fever; pain in the region of the heart, which passes through to the left shoulder-blade, upward to the left clavicle, down the arm a certain way, and rarely extending quite as far as the elbow. Pressure over the heart increases the pain.

TREATMENT: See Lung Fever (page 92).

#### PNEUMONIA.

See Lung Fever (page 92).

#### RHEUMATISM.

Rheumatism is a disease of the joints. It is divided into the Acute and Chronic kinds. When Acute, it takes in one or more joints, and flits from one to another; when Chronic, it may affect one or many joints, and be difficult to get rid of.

The Acute is divided into four varieties: the Articular, in which the pain is felt chiefly in the joints and tendons of the extremities; Lumbago, in which the pain is felt chiefly in



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PLATE No. 40.



PLATE No. 39.



PLATE No. 41.





the loins, and usually shooting upward; Delirium, or Pneumatism of the Sciatic Nerve, in which the pain is felt chiefly in the hip, also in the back, and shooting down the leg at times, and producing emaciation of the limb; and Spurious Palsy, cases an apparent elevation of the limb; and Principally affected. in which the muscles of the diaphragm are principally affected.

Acute Rheumatism usually affects more joints than one, and is known as Rheumatic Fever. The majority of persons when first attacked are under thirty, from fifteen to twenty-five being the ages when most persons are seized. This disease, as many others, is unnecessary and is brought about almost entirely by wrong living.

CAUSES: Improper foods, improper drinks, improper habits, and bad hygienic conditions. The improper foods are those which supply the system with an excess of nitrogenous waste; improper drinks which favor the production of Rheumatism are all the ferments, hard water, etc.

SYMPTOMS: The symptoms of Acute Rheumatism appear after exposure to cold, wet or a chill. A general feeling of being out of spirits; there is dullness, weariness, loss of energy and of vigor; the head aches, and all the limbs feel more or less sore; cold shivers or a sense of chilliness follow the attack. One or more large joints may become red, painful and swollen. Motion of any joint that is affected becomes painful, and so the part is kept at rest, the weight of the bed-clothes even being almost unbearable. There is at the same time all the signs of fever. The pulse rises to 100 or 120, is full and easily compressed; the temperature is from 100 to 103 degrees Fahr. The person perspires freely, the perspiration having a smell like sour milk and an acid reaction. The urine is high-colored, scanty in quantity, and throws down a very copious brick-dust sediment; this sediment consists largely of urea and uric acid. The tongue becomes furred and white. There is



a nasty taste in the mouth, and no desire for food. In consequence of the profuse perspiration, there is great thirst, and this must be carefully appeased by proper drinks, which will add nothing harmful to the system, while the fluid taken will carry out waste from the body. The best fluid for doing this is distilled water; where this cannot be gotten, filtered and boiled rain-water is next best. The bowels may be costive or relaxed; if much food is forced down, they will probably be relaxed, as the system cannot digest food, and will thus get rid of it in the easiest way possible. At night there is usually mental wandering and delirium. The patient nearly always lies on his back, since that is the position in which he gets the most ease. At the height of the fever, a person with Acute Rheumatism is a most pitiable object; he lies on his back; there is an anxious look on his face, which is usually flushed and red; the perspiration stands in large drops on his forehead, and he is generally unable to wipe it off, as his upper limbs are attacked. He cannot feed himself, nor do anything for himself, but is as helpless as a cripple. If he sleeps, it is in snatches, and he often awakes, and is troubled with horrible dreams. The cause of the awakenings is twitchings in the joints, which make him start suddenly. In consequence of the rheumatic poison circulating in the blood, he is very irritable and fretful, and soon loses his temper. A sign by which Acute Rheumatism may be distinguished from simple inflammation in a joint is this: Acute Rheumatism flits from joint to joint, while inflammation keeps to a single joint. Thus a person suffering from Rheumatic Fever may perhaps have one knee bad at night; next morning that knee may perhaps be comparatively free from pain and the shoulder bad; then it may flit to the hip or ankle, and thence back to the knee; this continues while the attack lasts. With Rheumatic Fever we also expect more or less inflammation of the peri-

cardium, which is known by pain in the chest near the heart. The pain in the joints, the fever and other symptoms last for a variable time; if the person has much waste material in his system, if he is put on impure diet during the fever, or if he takes drugs, then the duration of the disease is lengthened.

TREATMENT: The less the patient eats, until the violence of the disease has been quelled, the better. The body should be sponged thoroughly every day and should be kept scrupulously clean; place the patient in the first or second position, and give General Treatment. Give the Lumbar Plexus nervous treatment when giving the General Treatment.

Give special treatment by making the hands very hot, rubbing the positive hand on one side of the afflicted part, and the negative hand on the other. Send a current through the diseased part, exercising the steady insertion of electrodes for the circulation through these parts, stimulating it so that it will carry off all diseased conditions. Manipulate the parts by rubbing upward. Use great care in treating this disease to avoid hurting the patient. A tepid sponge bath should be given the patient once each day; see that the patient is exposed in any way while the bath is being given.

CHRONIC RHEUMATISM: This form of Rheumatism may affect any part of the body, but is most frequently in the joints. It is not always the effect of Acute Rheumatism, but is apt to occur in that way.

There is little fever in the chronic form. In old and some cases the joints become stiff; the muscles and ligaments become contracted, thickened and rigid, and the joints are often turned to one side, in some cases producing dislocation.

TREATMENT: The patient should bathe regularly once or twice a day by the use of the sponge bath. The magnetic treat-

ment should be the same as the treatment outlined under Acute Rheumatism.

#### SCARLATINA.

See Scarlet Fever (page 83).

#### SCROFULA.

This is a disease that is quite common. It has been estimated that 20 per cent of the people generally are afflicted with it to a certain extent. It varies in intensity from the slightest eruption, which is called Eczema, to Consumption.

CAUSES: Ill-assorted marriages, hereditary, and whatever deranges the functions of nutrition; depletion of the blood by drastic and poisonous medicines; syphilis and sexual abuses; it may be consequence of insufficient nourishment, resulting from poor food, etc.; lack of exercise and uncleanness also assist in producing it.

SYMPTOMS: The appetite is usually feeble, but in many instances may be abnormal; in some cases there is an inclination to eat fatty foods; the general derangement of the alimentary functions is indicated by a furred appearance of the tongue, flatulent condition of the stomach, a bloated state of the bowels, followed by diarrhea or obstinate constipation; thirst, acid eructations and the usual accompaniment of imperfect digestion are present; foul breath, early decay of the teeth, slimy stools and an intolerable fetor, all are indications of Scrofula.

TREATMENT: Place the patient in the first or second position and give thorough General Treatment. The idea throughout the entire treatment is to purify the blood. The habits of the patient should be thoroughly investigated, and the healer should see that they are hygienic in every respect.



Should any special ailments be present, these of course should be treated according to their character.

#### SEXUAL LERILITY.

One of the curses of the race is the excessive indulgence in sexual intercourse; one-half the divorce cases may be traced directly or indirectly to this prostitution of the holy relations established by wedlock. If you wish to make the love you bear your wife, and the love she bears toward you increase ten-fold in its intensity, restrain your animal passions, instead of indulging them to the point of satiety. Many a woman is living in a hell on earth, because the beastly messages of her husband have converted her love into disgust, and her health and strength into disease and weakness.

Two-thirds of the women have some disease peculiar to their sex. Why? Because their parents and grandparents have gratified their sexual desires until their systems have become unbalanced, and their children and their children's children, coming into the world under such conditions, are weak and poor to an alarming degree. Woman, because of her delicate organism, is affected more than man; of course there are many exceptions to this rule, but the fact remains.

Nearly all men of great intellectual renown were extremely moderate in satisfying their animal passions. Newton, Kant, Franklin and Beethoven were such examples.

Practice self-restraint for six months, and note the almost marvelous change that will take place. No man can hope to realize his true power if he throws away this vital fluid, so essential to success and health. The seminal fluid is a wonderful invigorator, and all physiologists agree that in the state of continence, to a certain extent, the whole organism is impressed with an extreme tension and vigor, exciting the

brain and exalting the faculty of thought, besides giving courage, ability and strength.

The habit of masturbation, or self-pollution, has grown until its prevalence is almost beyond belief. A well-known lecturer upon this subject stated that it was his custom when lecturing to young men to request those in the audience who had never been guilty of secret vice to raise their hands. He also stated that after twenty years of work along this line, he had never had a young man to raise his hand.

Is not this a deplorable state of affairs?

Nine cases of Lost Manhood out of ten are the result of over-indulgence of sexual intercourse, or of self-pollution. The nature of this course prohibits a prolonged discussion of the ruinous results of such practice, and it is sufficient to say that there is nothing man can do that will injure him so terribly as an abuse of the sex principle.

The passions are controlled almost absolutely by the mind, and for this reason Magnetic Healing is the most powerful agent that can be employed in the treatment of these diseases. You may not, by a strong determination, curb his passions; times and caused them to subside without satisfying them?

By giving himself the suggestions outlined under Self-treatment, and by living as he should, the student can cure himself of this affliction.

The controlling of the thoughts is the secret of the whole matter. Thoughts of this nature must be instantly driven from the mind whenever they arise. This can be done by securing something to do that will be of interest, and will thus direct them into other channels.

The patient should sleep upon a bed that is hard rather than soft, and should be careful to sleep cool rather than warm. Too much cover will increase the animal heat of the body, cause the passions to rise, and finally cause an emis-

sion. Much meat should not be eaten, and stimulants should be avoided. Drugs of any kind are worse than nothing. The treatment here given is very simple, but it is the best that exists.

In conclusion, the writer desires to say again: "Keep down all passionate thoughts by doing something that will engage the mind." Abstain from intercourse during treatment, and the time will surely come when you will again be a well and happy person.

If the healer desires to treat this ailment, General Treatment with what has already been given is all that is required.

#### SLEEP-INDUCERS

Sleep is a torpor of the animal frame, produced by a general exhaustion of sensorial power, in consequence of exposure to the common stimulants or exertions of the day. If this exhaustion does not take place, sleep does not come. If consequence of various exciting causes, it sometimes happens that the sensorial power of one or more parts of the brain is rendered unusually active, so that exhaustion does not come at the proper time and a state of wakefulness is induced.

CAUSES: The excessive use of mercury and iodine; the use of stimulants, such as tea, coffee, tobacco, etc.

TREATMENT: The treatment should be hypnotic, the suggestions being given to the patient after he is hypnotized, that his nervous system will become quieted, that his nervous excitement will pass away, and that when the hour of retiring comes he will gradually become drowsy, and will go fast asleep as soon as he is relaxed thoroughly. If hypnosis cannot be induced, the patient should be placed in as passive a condition as possible, and the same suggestions should be given. The magnetic treatment should be general, and should be given with



the intention of equalizing the circulation and the nervous forces throughout the body.

#### SMALL-POX (Variola).

SYMPTOMS: The symptoms of Small-pox are practically the same as those of Fever; such as febrile chilliness, heat, languor, pain in the head and back, tenderness of the stomach, etc. After from two to four days small red spots, which soon become pimples, appear. During the first few days these pimples are small, hard and globular, red and painful, separate and distinct from each other, and with nearly colorless interstices; later pus forms in the pimples, and the interstices become red and painful, with an increased flow of saliva. The face swells, and sometimes the eyes are closed.

After this the pocks have a central indentation and surrounding ring of rose-colored inflammation. During the eighth, ninth and tenth days the pustules become full, and the indentation at the center giving way, the pustules then open and the matter is thrown off and absorbed. Scabs are formed, which fall off gradually, leaving the parts more or less pitted. During the first few days there is what is called a primary fever; this gradually ceases as the eruption comes out, but is apt to be followed by what is called a secondary fever.

INFLUENCE Two of the most essential truths in treating this disease are fresh air and cleanliness. It is absolutely necessary that the patient should not be compelled to breathe the air which is laden with the disease. The diet should be light, and should be taken in very small quantities. All other treatment outlined under Fever.

#### SOMNAMBULISM (Sleep-Walking).

In a state of sound and healthful sleep, all the faculties of the mind as well as the voluntary organs of the body are in



This illustration shows the wonderful power of suggestion. The subject experienced no pain whatever during the experiment. The pins employed were ordinary hat pins. In this particular case they were very dull and were forced through with considerable difficulty. One of the pins in the right arm passed directly through a vein, but the bleeding was immediately stopped by suggestion, and no bad results were experienced at the time or afterward. New pins only should be employed in this experiment, as any rust or dirt would be liable to cause inflammation. The student is reminded that this cut is made from a photograph. Some courses contain similar pictures, but the experiment was never really carried out, the cut being made from a drawing and not from a photograph. This is one of the most wonderful photographs ever submitted to the public.







The Inflammatory Disease manifests itself in the spongy texture composing these parts.

SYMPTOMS: Dull annoying pain at the part, which is aggravated upon pressure; swelling, poor appetite, weakness, dullness and a feeling of languor; the lower limbs are reduced in flesh and become rigid; the gait is awkward and vacillating, and the legs sometimes cross each other; while the trunk is held peculiarly erect and rigid, to protect the diseased part from motion. After a time, suppuration usually ensues; when the pus ceases to be confined near the bone and begins to drain away from it, the patient usually experiences great relief from his complaints; the pain becomes very much lessened, the use of the limb is often in some measure or altogether regained. This amendment is usually accompanied by a serious change in another respect. The curvature takes place forward, and being confined to some extent to the spine, causes an acute projection behind. The surface of the abscess sooner heals or a state of caries remains, and gradually wears out the patient's strength.

TREATMENT: Place the patient in the lateral position, and give General Treatment for a few minutes at the beginning of each treatment. Then give the spine a thorough special treatment, by heating the hands and placing the negative hand over the Cervical Plexus, and the positive hand should be passed slowly from the negative hand to the Sacral Plexus, care being taken to avoid causing the patient an undue amount of pain. Throughout this treatment should be exercised the intention of equalizing the circulation with the intention of removing the congestion throughout the spine. The treatment may be aided by heating the hands very hot and holding them over the Cervical Plexus for one or two minutes; they should then be heated again and placed over the Brachial Plexus. Each plexus should be treated in this manner.

## STAMMERING.

This trouble is usually curable. The patient should be hypnotized, if possible, and the suggestion given that he will talk slowly; that he will formulate in his mind all of his thoughts before he attempts to express them. If the person has clearly in his mind the sentence he is about to express, he will seldom stammer. He should also be given the suggestion that he will articulate clearly, that he will speak his words carefully, etc. This will produce a cure in most cases. If the person cannot be hypnotized, the same suggestions should be given as though he were under the influence of hypnosis.

The patient should be informed that stammering is nearly always the result of attempting to speak too rapidly. If, in attempting to speak a word, the patient starts to stammer, he should be told that he must instantly stop attempting to produce the word until the muscles brought into play by expressing the word have returned to their normal position, then he should begin again. Most people who stammer, when they try to pronounce a word and fail, keep on trying without allowing the muscles to return to their normal condition. As a consequence they make a bad matter worse.

The treatment as outlined here is very simple, but it will cure 95 per cent of all the cases of stammering.

## STONE IN THE BLADDER.

This is a gravely substance which is formed in the bladder.

SYMPTOMS: In the milder forms of this disease there is a slight desire to urinate, and this act is followed by a slight irritation of the cervix or along the urethra. The flow of urine is sometimes suddenly stopped, the calculi closing the orifice of the urethra. The urine is apt to be bloody after exercise. In the severe forms of the disease the desire to urinate comes on suddenly, frequently, urgently and irresist-



ibly. There is pain in the region of the bladder and in the groin. The symptoms are aggravated still further as the calculus enlarges, as the bladder inflames, and as the urine becomes alkaline.

TREATMENT: The patient should be comparatively quiet, and the diet should be spare; plenty of pure soft water should be taken, and the patient should live hygienically in every way.

Place the patient in the first or second position. Heat the hands very hot and place the positive hand over the bladder, and the negative hand over the Lumbar Plexus; send a current with the intention of equalizing the circulation throughout the afflicted part, thus allaying the inflammation. After ten minutes of this treatment, place the positive hand over the Lumbar Plexus, and the negative hand over the bladder, send a current with the intention of stimulating healthy secretions in the bladder.

#### SUN-BURN

This is usually a very fatal accident. It is caused by exposure to the direct rays of the sun when the weather is extremely hot. It takes place usually in the summer--that is, the heat being thrown from the pavement to the face of the pedestrian. In this way the direct rays of the sun are received, as well as the reflected heat.

TREATMENT: The patient should be removed to a place which is cool, and yet not cold; cold water should be poured on the head, care being taken not to do this at first. The patient will require much care, just as any other inflammation of the brain. The intention throughout the treatment should be to draw the blood away from the head.

## TONSILLITIS (Quinsy).

This is an inflammation of the tonsils. In an acute form it comes on like other inflammations--that is, with chilliness, at the same time there is a huskiness of the voice, an uneasy sensation in the fauces, and a sharp pain in the throat when swallowing. This becomes more severe, and in some cases so bad that the patient cannot swallow. The tongue is sometimes covered with a white coating, and upon its root and the tonsils a slick slime may be observed; the fauces are inflamed and swollen; the blood-vessels of the neck beat violently; the breathing becomes difficult, and the pulse frequent and hard, and the voice indistinct. The disease ends either in resolution or in suppuration.

TREATMENT. It must be treated with energy. The patient should gargle soft water; the gargle should be strong and continuous, as it will tend to remove a great deal of the poison from the throat. Also give treatment outlined under DYSENTERY (page 107). (See Out No. 24.)

## CHRONIC TONSILLITIS.

This is often seen in children of scrofulous descent. It is a disease of debility, and should be treated as such.

TREATMENT: Give General Treatment.

## ACUTE TONSILLITIS.

TREATMENT. Place the patient in the first position; move the hands very hot and place the positive hand over the Cervical Plexus, and the negative hand over the afflicted part, send a current with the intention of equalizing the circulation, thus allaying the inflammation of the tonsils. Give the throat and neck thorough treatment from all sides. Also give General Treatment with the intention of stimulating the circulation in the extremities.

## TUMORS.

This is a morbid swelling or growth within or upon some part of the body. Tumors are divided into several different classes, a few only of which will be mentioned.

The Pancreatic Tumor exists in irregular masses, connected by a loose fibrous substance like the irregular masses of the pancreas. It is found occasionally in the cellular substance but more usually in convoluted glands, and chiefly in the female breast.

The Cystic Tumor is of oval shape, and about the size of a currant or grape, usually containing a serous fluid, but sometimes a caseous substance; it is found mostly in the lymphatic glands, in the neck, but sometimes in the testes or ovaries.

In all of these varieties of Tumors they may grow to enormous size, some growing when they weigh 100 pounds and even more. They are not usually accompanied with pain in the early stages, but as they increase in size they often become hard and ulcerate, and gradually wear away the patient's life.

REMARKS: The treatment for all these varieties should be practically the same as for warts (page 97).

## WARTS.

This is a firm, hard, and insensible exuberance or the common ingrowth. It is found chiefly on the hands, but is sometimes found on other parts. They are of three kinds: Simple and distinct; Lobed, or that which is full of lobes and fissures; and the Confluent, or that which appears in coalescing clusters.

CAUSES: Those who are uncleanly in their habits are more liable than others to Warts. Coarseness in food, likewise, has its share or influence in producing them. They are some-



that is infectious. The young are more subject to them than the

TREATMENT: Give hypnotic treatment. Remove the warts, exercising the intention of increasing the circulation throughout the body. Instruct the patient to wash the warts once a week in bottled water.

## LESSON XIV.

### THE FUTURE OF MAGNETIC HEALING.

Magnetic healing, as a business, requires the same care as any other business that offers to every other business. Many people think that Magnetic Healing is a veritable gold mine, and so it is. It is valued properly; but a failure may result if it is done as any other business, and the mistake is without a thorough knowledge of the science and without the proper use of the method of procedure he can win success certainly daily witness. There are many things that are to be taken into consideration, a part of which will be mentioned. Of course, we can tell another exactly how he can make a success of his business; but there are a few principles that will make the solution of all successful men, which, if he will, will make anyone successful.

As we have stated before, success is not luck, it is the attainment of a desired end, brought about by careful thought and consideration and by well-planned execution. The first thing to be considered is the place, or location, of the business. This is of much importance, for if the location is poor, it makes no difference how carefully the business is run, failure is certainly the ultimate result.

The particular portion of the country which is best suited to Magnetic Healing will not be treated of here, for people who are afflicted may be found in every town throughout the length and breadth of the land. The location treated of here refers

to the particular place to be chosen in a town. In the first place, the magnetic healer must locate in the best part of the town, this is absolutely necessary, as at first people will judge of the business according to its location.

Not only must the healer be in the best part of the city, but he must be in a place where the traffic is large.

It is a well-known fact that a business house upon one side of a street will rent for much more than a building directly opposite, which may be just as nice in every respect. The cause for this difference in the rent is that the traffic tends to be upon that particular side of the street. What this is true cannot be definitely stated, as there are many things that tend to draw traffic to a certain side of a street: attractive show-windows, good sidewalks, the direction in which the sun shines, etc., etc. All this must be taken into consideration, and the man who is able to judge of these things correctly is the man who will make a success of his business.

The question of advertising is one of great importance to the magnetic healer as well as to all other business men.

The advertisement should be attractive. The way to make an attractive advertisement is for the writer to place himself as near as possible in the position of the reader, and think quite an advertisement that would attract all of his business.

The best is advertised in the papers that enter the home. It is not always the paper that has the largest circulation that is best for the magnetic healer to use. THE ADVERTISER MUST ENTER THE HOME. When advertising in periodicals, such as magazines, weekly papers, etc., those which tend to interest women are good mediums for advertising.

If hand-bills are used, the healer should see that the bills are carried to the house and, if possible, placed inside.

PLATE No. 43.



TREATMENT FOR HEADACHE.

This cut shows how the thumbs should be used over the veins of the temples. The pressure should be firm and the thumbs should be passed down to the jaws.





To simply scatter bills about the business streets is almost money thrown away.

In writing advertisements the healer should to careen to state nothing but the absolute truth. This is not done in every business, but in Magnetic Healing it must be done, because so much prejudice exists against the science that those who are prejudiced will take advantage of every mis-statement and will use it against the healer. It is well in all advertisements to publish testimonials of people who are cured in the particular locality in which the healer is running his business. The testimonials should be changed every little while, in order to show the public that many people are being cured.

The appearance of the operator has a great deal to do with success; this may be treated under the head of advertising, for, as it is a form of advertising. The idea that a healer must dress in an eccentric manner, must wear his hair long, etc., is entirely erroneous. This is all right for quacks and peddlers of patent medicine, who transact their business and then leave the community; but for a real genuine business, which rests upon its true worth, such procedure is worse than evil.

The appearance of the operator should be such as will attract favorable comment. This, of course, means simply that he must be dressed well, but modestly; that his actions and manner must be pleasing. Just what it takes to constitute this in every individual, no one can say; but the healer himself must be the judge, and he must judge correctly.

The operator must have the faculty of impressing the mind upon those with whom he is thrown in contact that he is capable of doing that in which he is engaged. This faculty must be gained only by experience. If a man knows that he can do a thing, he unconsciously assumes a manner that impresses this

patient with the idea that he is capable. Unless the healer does know he is capable, he has little chance of making such impression, for it is almost impossible to stimulate confidence.

The operator should always act with decision. He should consider carefully his actions beforehand, as without consideration no act can be decisive; because without consideration there is doubt, and with doubt there is no decision.

The magnetic healer should always require payment for treatment in advance. This is the only satisfactory method that can be employed. If a credit system is used, there will be numerous struggles and strife. The price should be named when, and by charging it in advance, thus being sure of the money, the healer can treat at a reasonable rate.

The healer must make no exception to this rule, for if he does, the exception will soon become the rule.

If the physicians of the country received all the money that is due them, they could afford to treat much cheaper than they do; but the facts in the case are that they do not receive more than 50 per cent of the money due them; hence, their price must be correspondingly high. Usually double the amount is charged for treatment when the healer is required to go to the house of the patient. One dollar is usually charged for an office treatment, and two dollars for treatment at the home of the patient. Absent Treatment is usually placed at from \$5.00 to \$10.00 per month.

A great many healers stir up much antagonism because of their statements. Magnetic Healing does not conflict with religion, but is based upon principles laid down by Jesus Christ. Many people do not believe this, and are intensely prejudiced against the science because they believe it is antagonistic to the teachings of Jesus Christ. Of course the business may be conducted in a way that is contrary to the teachings of Jesus



Christ, but this is true of any business, and is not the fault of the business itself, but is the fault of the man who conducts the business. There is no need to antagonize the Church; on the other hand, the magnetic healer should conduct his business in such a way as will enable him to have the support of the churches.

This is possible generally, but in some cases the healer may be thrown into a community where the religious element contains some intensely prejudiced and bigoted people; in this case, there is nothing that can be done that will reconcile them to Magnetic Healing, and there is only one course of procedure left to the healer--that is, for him to transact his business in a straight-forward Christian-like way, paying attention to what he says, unless forced into it.

All new truths are received skeptically by the world at large, and the magnetic healer will find some opposition, no matter where he may be; however, if opposition is properly understood and properly repared, it simply stimulates a desire, and very often the most intense opposition will tend to increase the volume of the business and will redound to the benefit of the healer.

Many of these things individually bear little, but when taken collectively, they mean success or failure. There are a thousand things that could be discussed, but which must be left for the reader to consider. If he will take the few principles that have been laid down here, and then with care and painstaking effort pursue them, provided he has enough knowledge of the science, he is almost certain to reap rich reward.

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